THE HOTEL BUTCHER, GARDE MANAGER AND CARVER: SUGGESTIONS...

Frank Rivers

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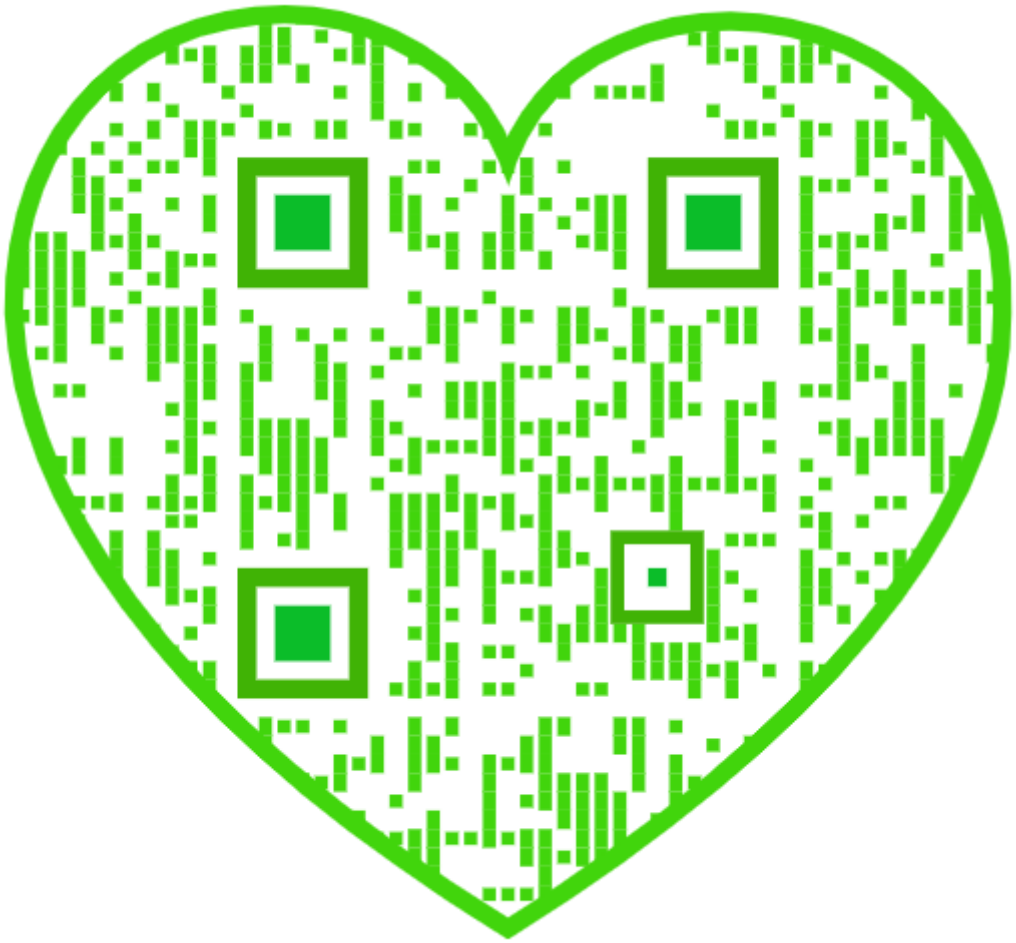

The HOTEL BUTCHER, GARDE MANGER *and* CARVER

By FRANK RIVERS

Suggestions for the Buying, Handling, Sale, and Service of Meats, Poultry and Fish for Hotels, Restaurants, Clubs, and Institutions

An Expression of the Practical Experience of One Who has Spent Thirty Years in All Branches of Kitchen, Pantry and Storeroom Work; Also as Steward and Buyer.

The Book Supplemented with Gleanings from the pages of THE HOTEL MONTHLY.

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To the Reader:

If we are to work well, we must think well.

This book may not accomplish all the practical ends possible, but it is hoped it will help the reader to think and work along right lines.

Those who think right may be best trusted to do right.

I wish to thank and acknowledge my indebtedness for information and courtesies received by me in compiling this book from the following firms and persons:

The Morris Packing Co., Chicago.
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Cohen & Co., Chicago.
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FRANK RIVERS.

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THE HOTEL BUTCHER, GARDE MANGER & CARVER

SUGGESTIONS FOR THE BUYING, HANDLING, SALE, AND SERVICE OF MEATS FOR HOTELS, RESTAURANTS, CLUBS AND INSTITUTIONS—*by Frank Rivers*

INTRODUCTORY REMARKS

I have made a life-time study of meats and the service of meat foods in hotels, restaurants and clubs, and have attained a degree of proficiency which has been commented upon favorably by my employers. I have been asked to write for THE HOTEL MONTHLY a series of articles on this subject, to the end that my experience may be of benefit to others.

I have undertaken this task with considerable hesitation, for I realize that it is not easy to impart one's knowledge thru the medium of the printed page. It is much easier to give a practical demonstration in the butcher shop, so that all the senses of sight, smell, touch, and taste may be brought into play in imparting information. However, I will do my best, and hope, with the aid of drawings and photographs, to make my meaning plain.

I ask the indulgence of my readers to pardon the lack of literary style. I shall write as I speak, and, to the best of my ability, in the language of the kitchen, so as to be more easily understood. I would say that I do not claim to "know it all." There are those who will differ from me along certain lines; but I am writing of things as my own judgment dictates—of how I have observed the work of many others, and selected as my way what appeared to be the best of their ways, supplemented, of course, by my own initiative where I thought I could see a way to improve.

No part of the chef's work is more important than the meat cutting and carving, yet it is the worst executed and least understood. Butchering really is a part of the cook's work. Nevertheless it is apart from it in many respects. In the large establishments they have a butcher shop with a butcher and assistants, and they do all the meat cutting, help with the carving, and the garde-manger work, in some instances, and prepare the poultry and fish. But this is only in the big hotels and cities, as a rule. In the great majority of places they have no butcher, and the work is done by the cook. Generally the chef does the butchering in hotels that do not employ a professional butcher; or he will have it done by one of his cooks that has a special fitness or knowledge of the work. But there is where the trouble lies. The average cook has no special training or knowledge of the meat cutting art.

To begin with the chef: Probably not one chef in ten (of American training) ever held a position as butcher. It is more than likely he started in as an assistant in the garde-manger department, or as an assistant fry cook, or fireman, and worked his way up gradually to head fry cook; from that to roast cook or broiler, as those departments pay more; and then as second cook; after which he has offered himself to the employer as a chef; or, as it often happens, he has been promoted to the place of chef, and has had himself so established. Now, you will notice, I have not credited him with any butchering work. That is because he has never had any special training in that part of the work; and that is why butchering is largely apart from cooking.

So it is, very few cooks have had any special training in meat cutting. He is a fry cook, a roast cook, or a second cook. The butchering is anybody's and everybody's work. But, in the majority of cases, it falls to the lot of the chef to do the meat cutting, and, as you may judge from the above recital, the landlord suffers a serious loss in consequence.

Now in Europe they do things better. They have a system of apprenticeship from which are graduated cooks and chefs, and everything is taken into account. They apprentice to meat cutting and carving as well as broiling, frying, and the other branches. The profession is more highly appreciated in most European countries. There a father is glad to have his son apprenticed to the bakers', confectioners', or cooks' calling, for which he pays a premium to learn, and gets value received. In America the average cook has to learn meat cutting "on the fly." Occasionally there is an unusually am-

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bitious and intelligent pupil, and he sees for himself that he serves a reasonable time as butcher in his efforts to become a chef. But he is the exception and not the rule. Everything considered, there is a crying need for an educational work on the subject I have undertaken to write upon.

• • •

As time advances, and conditions change, more is expected and demanded of the chefs. The last few years have witnessed a great change in the kitchens. The old-style American plan hotel is almost obsolete. New conditions prevail, and the cook must meet and master the situation if he is to succeed.

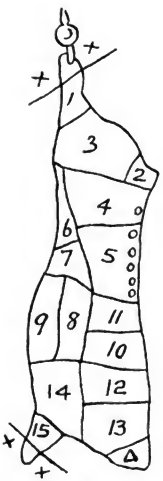
The present high cost of provisions will not permit of any waste on the cook's part; and the chef that cannot handle his meat supplies so as to obtain the maximum of returns and profits is carrying a big handicap that will lose him the race for preferment and success.

You can have no better assistance than a good book of instructions. In writing this series of articles my object will be to increase your efficiency in meat cutting, and carving, and to explain the most correct and economical ways of handling the different meats.

• • •

With the advent of the European plan hotel, catering has become a more exact science, and the steward or employer is keeping a strict tale on the cook's work. It is so arranged that, by comparison of the different days' records, an accurate account is kept of the different departments; and woe betide the chef that has been inefficient in the handling of his supplies. And, of course, in the meat cutting and carving is where he can lose the most.

BEEF



XX Knuckles Off.
OOOO Lombar and Kidney Fat Out.
△ Four Vertebrae Off.

CARCASS BEEF IN SMALL CUTS

	Per cent	Price	Amount
1 Hind Shanks for Soup	03.82	@ .03	= 11.46
2 Rumps for Roast	03.83	@ .07	= 26.81
3 Rounds for Steak	15.46	@ .11	= 170.06
4 Sirloin Steaks	09.00	@ .13	= 117.00
5 Porter House Steaks	08.50	@ .20	= 170.00
6 Flank Steaks	01.00	@ .17	= 17.00
7 Flanks for Boiling	04.10	@ .08	= 32.80
8 Short Ribs for Roast	04.00	@ .08	= 32.00
9 Navel Flanks for Boiling	4.47	@ .06	= 26.82
10 Rib Roast	03.50	@ .11	= 38.50
11 Rib Steaks	05.60	@ .14	= 78.40
12 Chuck Steaks	13.00	@ .11	= 143.00
13 Chuck Roasts	10.00	@ .07	= 70.00
14 Briskets for Boiling	06.00	@ .09	= 54.00
15 Shanks for Soup	04.00	@ .04	= 16.00
Shrinkage	03.72	...	.....
	100.00%		10.03.85

CARCASS BEEF IN MARKET CUTS

	Per cent	Price	Amount
Ribs	09.10	@ 12.85	= 116.93
Loins	17.50	@ 16.40	= 287.00
Rounds	23.11	@ 9.02	= 208.45
Flanks	05.10	@ 9.79	= 49.92
Nav. End	08.47	@ 6.95	= 58.86
Chucks	33.00	@ 8.58	= 283.14
Shkge	03.72	.....	.....
	100.00%		10.04.30

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BEEF HIND QUARTERS IN SMALL CUTS

	Per cent	Price	Amount
Hind Shanks for Soup	03.82	@ .03	= 11.46
Rumps for Roast	03.82	@ .07	= 26.81
Rounds for Steak	15.46	@ .11	= 170.06
Sirloin Steaks	09.00	@ .13	= 117.00
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Flank Steaks	01.00	@ .17	= 17.00
Flanks for Boiling	04.10	@ .08	= 32.80
Shrinkage	02.72	...	.....
	48.43%		5.45.13

BEEF FORE QUARTERS IN SMALL CUTS

	Per cent	Price	Amount
Short Ribs for Roast	04.00	@ .08	= 32.00
Nav. Flanks for Boiling	04.47	@ .06	= 26.82
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Chuck Roasts	10.00	@ .07	= 70.00
Briskets for Boiling	06.00	@ .09	= 54.00
Shanks for Soups	04.00	@ .04	= 16.00
Shrinkage	01.00	...	.....
	51.57%		4.58.72

	Per cent	Price	Amount
Hind Quarters	48.43	@ 10.90	= 527.88
Fore Quarters	51.57	@ 9.17	= 472.89
	100.00%		10.00.77

[*The figures following the "key to carcass" figures are based on a carcass weighing 1,000 pounds, and the "amount" figures can be read either for the percentages in pounds weight, or price per hundred pounds.*]

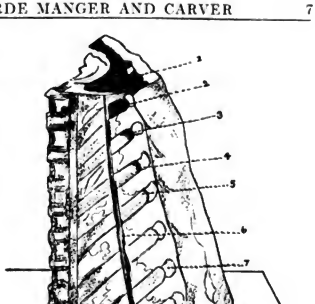
* * *

Above we have a cut and test example of the beef in carcass and of hind quarters and fore quarters made for the United States Army department by Morris & Co., Chicago packers. It is worthy of close study, as it reveals all the different cuts and possibilities of a beef carcass. It may suggest to you new and profitable uses of beef.

* * *

Make it an object to lead the diners away from the low profit paying loins and ribs by selling to them the cheaper and more profitable cuts of beef. To accomplish this, you should be thoroly familiar with all parts of the carcass.

A majority of the diners call for beef dishes. It is like "bread, butter and potatoes" in the respect that you may eat beef three hundred and sixty-five days in the year and not tire of it. You cannot say that for any other kind of meat. The chef that is posted on the different cuts of beef has an advantage. He will have dishes that the unposted man knows nothing of, thus giving him the added advantage of greater variety, which is an important consideration when you take the comparative ability of cooks into consideration. So, if you hope to establish a good reputation for yourself, don't overlook the importance of initiative, originality, and variety. Don't wait for some one else to show you the way. Think and do for yourself. Every dish had to have an originator.



A RIB ROAST:

"1" indicates loin end, cut or slice.

"2" The shaded part at the end of the rib indicates the coloring, which is a distinguishing feature of the steer.

[The artist took liberties with this joint for the purpose of showing the color indications at different ages: thus, "2" represents at two years old; "3", at three years old; "4", at four to five years old, and "5" indicates that the coloring identification has practically disappeared after about four and a half years.]

"6", cut severing bones (made by butcher).

"7" indicates the button or gristly end of the ribs, which is a distinguishing feature of the steer, and is not prominent in the heifer.

The joint rests on its butt end.

* * *

It is important that any one interested in the purchase of supplies should be a good judge of meats. This subject should interest the proprietor and manager as much as the steward and chef. Of course the stewards and well trained chefs are apt to know the fine points and methods of judging meats; but many of them do not possess the knowledge, and but a small per cent of proprietors and managers are competent judges of meat. Yet much of the buying in these days is done by the proprietor or manager, so that explanatory in-

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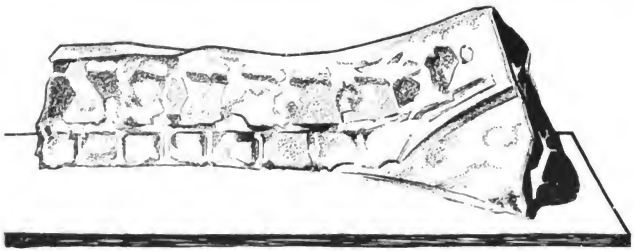

A STEER LOIN, showing vertebrae severed, and the "buttons" at the rib ends. The color markings and buttons on the loin are identical with those in the rib roast joint, but not so pronounced. (See illustration of rib roast.)

formation of this kind should be of benefit to them.

Of all the meats used, beef requires the most attention and ability on the part of the buyer. There are well defined lines by which to judge loins and ribs, their age, sex, etc. The expert beef judge gets his information from the bone, mostly. It is true that the quality of a loin or rib is more or less self-evident: its size, grain, weight, and color show plainly its quality; but the ordinary buyer wants more conclusive evidence, and he finds it in the bones.

In the process of cutting the loin and ribs the vertebrae have been exposed—split down the center—so that one-half of the vertebrae is left to one loin and ribs, and the other half to the other, and it is by being able to read the bones of the vertebrae that you can most surely determine whether it is a steer or a heifer, or a cow, and whether it is two years, three years, four years, or up to four and a half and five years of age. After that the age markings have mostly disappeared; but practically no steer passes that age; only the cow, and you have no difficulty in placing her.

In the steer loin there should be what is known in butchers' parlance as the "button"; that is, a white, gristly growth that forms on the end of the short-rib bones that extend from the vertebrae column at regular intervals, and forms what is known as the backbone. In genuine steer loins and ribs this distinguishing mark is much in evidence and readily distinguished. With a little study you soon become familiar with the "button." In the heifer there is little or no button as we find it in the steer; and that is the safest and best way to determine the sex.

In judging age you depend on the same bones and reach your decision by the color markings of the split backbone. The heifer has little or no color markings on these bones, but is white, brittle, and glassy, and in splitting the loins apart the bone cut will not be smooth and even as it will be in the steer loin. You can readily notice a marked difference in this respect.

The color markings in the steer loin are quite prominent and pronounced. The color is a reddish brown, and varies in extent with the age of the animal from which the loin or rib was cut. In two-year-old loins the reddish color extends nearly the full length of the split backbone. When three years old the color will extend to about one-third the length of the backbone; and when it has attained the age of four years it is just barely discernible at the bottom of the button; and in its fifth year this marking will have disappeared, and the button, too, will have changed in all but outline. The above are infallible tests, and are employed by experienced meat dealers generally.

In judging loins and ribs by the manner here given, you will learn the ribs are more prominently marked, and the markings remain one year longer in the rib than in the loin. In the rib the button is much more fully developed, so it is in the rib that you will get your best and fullest impression of the button; and the same superiority is found in the color markings of the rib over the loin.

Another feature to be considered in the choice of your loins and ribs is that grain fed cows have a tendency to run to fat secretions (about twice as much in the cow as in the steer), and that fact has an important bearing on the quality of the steak or roast beef. It is owing much to this that the steer meat is so much

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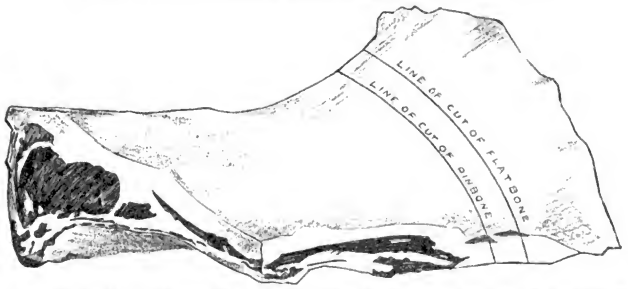

Illustration of Loin Cuts, showing full cut, flat-bone and pin-bone cuts. (Oftentimes the retail butcher gets his porterhouse from the butt, shown in the illustration, extending from the pin-bone line to hip end. The genuine porterhouse steaks are cut from the section to the left of the pin-bone line, toward rib-end of the loin.)

more juicy and palatable than that of the cow. Many judges give first consideration to the color of the fat in judging quality; and that is a good plan. Steer fat has a rich white creamy look, while in cows it tends to yellow, excepting in high grade pedigreed stock such as polled Angus, Herefords, and shorthorns. In such cattle there is not much difference of fat color between the steer and the heifer.

Prominent and distinguishing features of the cow loin is a comparatively high hip bone and the hollow. The hollow is a depression in the loin right over the sirloin strip. It is sometimes found in the steer loin also, but it indicates inferiority wherever found.

* * *

BEEF CUTS

Of all the supplies used in the kitchen beef is the one that gives the proprietor the greatest concern. Many times I have heard the proprietor, manager, or steward say that the more beef served the more money lost. And that is founded very much on fact. Various causes contribute to this condition, primarily, faulty butchering and bill of fare prices.

Another important consideration is that an overwhelming proportion of orders are for beef dishes; so it is incumbent on the responsible parties to exercise great care in the handling of beef. The chef should exert himself to lead diners away from the low profit paying beef dishes, which he can do to an astonishing extent by skillfully compiled menus.

I believe that many proprietors have been remiss in their attention to prices; that they have failed to keep pace with the packing companies, and are serving sirloin steaks at from sixty to seventy-five cents that should be priced on the bill of fare at least $1.00.

I am going to tell how I solved the steak problem in one place where I was chef. The advent of so many high class hotels and restaurants, and the general adoption of the European plan of service during the past few years, has had a marked effect on the standard of cuisine, and we have, as a consequence, an increased percentage of high class chefs and cooks. Well, such men use high grade goods; and the one thing that the classy chef has a weakness for is a nice beef tenderloin. That is especially true of the Frenchman. He must have his tenderloins at all times, and they must be of the best grade. The dealers have adjusted themselves to the conditions, and began "stripping" choice grade of loins which they had previously reserved for sale in the entire loin. In so doing, they created a supply of high class "sirloin strips" for which they make a special price that redounds to the profit of the purchaser over high grade whole loins; and where carefully selected by steward, or whoever does the buying, you can get a fine sirloin strip at a great saving in cost. Well, I took advantage of that, and for a number of years I used nothing else for sirloin steaks, and that, too, in a first class establishment.

Of course, when this becomes generally known, the packer is not going to overlook his opportunity, and he will adjust matters so there will not be any financial choice to the purchaser. These strips of No. 1 quality, with bone in, at this writing sell for about twenty-

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two cents per pound, but there is very little waste. To demonstrate: Here we have a strip weighing thirty-four pounds; weight of the bone, five and a half pounds; weight of flank piece trimmed from strip, six and a half pounds; weight of suet, two pounds. This strip produces 20 one-pound sirloin steaks, making an average cost of thirty-seven and two-fifths cents per steak. Of course, in this class of meat, the most important question is who will use the trimmings of a loin, the butcher or the cook? The consumer pays in the long run. Then, it will be said, that you cannot always depend on getting the best No. 1 sirloin strips.

One important consideration to the cook is that it does not stock him up so much with the trimmings that cost, when bought in the whole loin, as much as the sirloin and tenderloin.

With the European plan so general there is a more limited market for trimmings, and you are apt to get more than you can profitably dispose of. I know from practical experience that in spite of your best efforts you cannot always market your trimmings, as the demand for goulashes, beef stews, beef pies, hamburger, etc., are limited to such an extent that, if you are using any considerable number of loins, you are very apt to lose out on the minor cuts; and that is where the "loin strip" comes in for important consideration for your pot roast, beef à la mode, rostbraten, etc.; you can buy that when wanted at a special price, which is much cheaper than when bought in the loin.

THE LONG LOIN

I have here on the block a long loin. It weighs ninety pounds, and I have paid eighteen cents a pound for it.

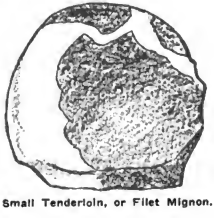
I lay it inside up, and begin the work of cutting this loin by removing the tenderloin first. In disposing of the tenderloin I first relieve it of its excess fat. Now, right here is where the majority of cooks go wrong. They trim away too much of the suet attached to the tenderloin. Incredible as it may seem, I have time and again seen presumably good cooks divest the tenderloin of every particle of fat. Nothing could be more misguided (except for braised or larded tenderloin). Your aim should be to leave as much of the suet as possible on the tenderloin, as it really adds to the quality of the tenderloin steak to most diners; and it also adds to the quantity of steaks you will derive from the tenderloin. If you can work off two or three pounds of suet as tenderloin you are that much ahead. Anyway, it makes a much better appearing and eating tenderloin.

Some chefs are so particular about this that, in their requisitions for loins, they ask for "closed loins" in preference to the "open" loins. The meaning of "open" and "closed" loins not generally understood, I will explain that a beef animal has a habit of lying on one side, and the side next to the ground produces the "closed" loin, which is generally superior to the "open" or loin from the side that the animal does not lie on. One pronounced effect it has is on the fat. In the "closed" loin there is more suet, and it lays snug the full length of the loin, with the kidney firmly imbedded and attached. In the open loin the kidney is very apt to be detached, and the kidney itself, and its weight of surrounding fat, falls away from the tenderloin, which leaves the upper side, or "open" tenderloin, bare of fat for about two-thirds of its length. The "open" tenderloin will weigh considerably less than the "closed" one, too. So, as I said, some chefs are so anxious to have a fat tenderloin that they give perference to the closed loin for both professional and economical reasons. Another important consideration is that the open loin is not so desirable for aging, for the reason that the tenderloin, being partly bare, is exposed and becomes affected and tainted in the process of aging.

In cutting an à la carte tenderloin, it is usual to give a steak of the same weight as that of a single à la carte sirloin (not more than a pound). Often they are cut somewhat under a pound in weight. In these days, when beef is so high, save an eighth or two if you can.

The tenderloin we have here, after proper trimming of excess of fat and removing of top sinews, weighs ten pounds, and cut in standard size steaks, has produced nine steaks.

In the illustration we have the tenderloin steak ready for the broiler. It is an even, round, and sightly steak, made so by having been wrapped in a towel and beaten with the cleaver, which is advisable in all cases for tenderloin steaks or filet mignons. Without that procedure you cannot achieve the trim, symmetrical



Small Tenderloin, or Filet Mignon.

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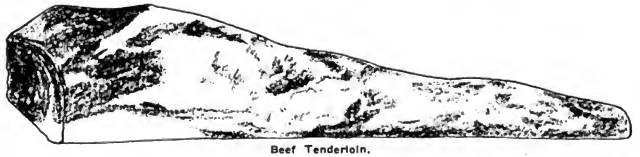


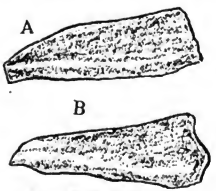
Beef Tenderloin.

and compact effect that is to be desired if you are to do the best work. In cutting the small tenderloin, or, as named by the French, "filet mignon," each chef determines his own latitude of range in weight and pieces. They range in weight from about four to ten ounces, and in price from fifty cents to $1.50, much depending on what the garnish is.

Where the standard of cuisine is high and the bill of fare prices will permit, the thoro and particular chef does not include either end of the tenderloin for his choice à la carte tenderloin steaks or filet mignons. From the tail or small end of the filet he cuts from four to six inches as undesirable for steaks, and sets it aside for special purposes. From the head, or large end of the tenderloin, it is usual to discard about two inches, as it is unshapely, and interlaced with sinews. In most places, however, this may be utilized for steaks, and with the proper handling can be made acceptable. Remove the sinews from the large end, and by compressing and shaping with a towel the small end makes a presentable steak.

In cases where the ends are not used for the better cuts, many uses can be made of them in the making of relishable, salable and profitable entrees. For instance, they can be used for—

Tenderloin goulash, Berchoix
Emince of tenderloin à la Grand
Sliced tenderloin with fresh mushrooms, Excelsior
Casserole of tenderloin tips, Hussarde
Tenderloin ragout à la minute, en bordure



A and B—Tenderloin Tips.

or in any good way that suggests itself to you. By this means you can have an occasional tenderloin entree at a modest price, which is apt to be highly appreciated by the diner.

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While dealing with the tenderloin question, and before proceeding with the remainder of the loin, I will here consider the tenderloin of commerce, by which I mean, the different tenderloins for sale by the packing houses.

The packing houses supply various grades and kinds of tenderloins at varying prices, and every chef or steward should be able to avail himself of any advantages offered.

To begin: There is the "extra prime," that averages ten to twelve pounds, which, at this writing, is about thirty-five cents the pound. If you are to serve a first class banquet, at the consistent rate per plate, and with a filet mignon or larded tenderloin for an entree, that is the tenderloin you should have. Or, if you are employed in a first class club or hotel where you can get the prices, it is the tenderloin you want. But you must adapt yourself to conditions, and, luckily, the markets offer you a varied choice, as the packing houses have them all the way from three to twelve pounds, and at prices varying from fourteen to thirty-five cents.

The next grade, "extra" (weighing from eight to nine pounds), sells at around thirty cents per pound. Then you can get a very nice grade, weighing from six to seven pounds, at about twenty-five cents per pound; and so on down as they grade lighter in weight, from six pounds to three pounds, at prices of about twenty, eighteen, sixteen, and fourteen cents. It is up to the steward and chef to determine which is the most desirable to have, and he will be overlooking an important matter if he does not give this the proper consideration and adjust himself to each particular place or case.

There is still another kind of tenderloin, and one that is generally overlooked by the chef, which has great possibilities for utility and profit. That is the "tenderloin butt." They, too, come in different grades. There is the

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Tenderloin Butt.

No. 1, No. 2, and No. 3. You get in these meat equal to the full tenderloin as graded; but you only get the large end of the filet, to the extent of about one-third of its full length. It is the most serviceable part of the tenderloin, however, and with a little skill on the part of the chef it can be made to serve nearly the same purpose as the full tenderloin; and, for many uses, such as special carte du jour entrees at popular prices, is preferable to the more costly full tenderloins, as they can generally be had at about six cents less per pound; and if you are in touch with the big packing firms they have an unlimited supply.

Tenderloin Steak.

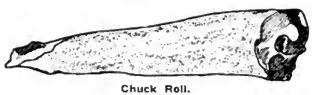
[The packers often make what I shall term a money cut, and I find that it is often made with the tenderloin. In boning the tenderloin they cut out a piece of the rump and an excess of suet at the large end of the tenderloin. It is no part of the tenderloin; and when so cut it is the idea of the butcher to work off rump and suet at tenderloin prices, hence the "money cut." You will find tenderloins that contain from three-quarters to two pounds of this excess and foreign substance. If you follow my course in this matter you will register a kick whenever you can.]

• • •

I will now call attention to the "hanging tenderloin." This cut is very little known, yet it can be had in big supply, as every beef animal furnishes its quota; and owing to the fact that there is so little demand for it, you can buy the hanging tenderloin for ten to twelve cents per pound. About the only people that are really wise to this tenderloin are the Jews. Part of this meat is found attached to the inside of the ribs, hanging in form of a curtain, and it is often called the "curtain steak." Another part is found hanging directly from under the kidney, and really is a continuation of the tenderloin proper, but in its detached condition is left to itself. In the hands of a skillful chef the hanging tenderloin receives due consideration.

• • •

I still have another so-called "tenderloin" to speak of. While not really a tenderloin, the ingenious chef has so termed and used it. The packers call it the "chuck roll" or "chuck tenderloin." There is a big supply of this particular cut, as each animal supplies two rolls. While



Chuck Roll.

I would not advise the chef to call and use it as a tenderloin, yet I consider it well for him to know that this part of the chuck offers him a choice piece of meat at a low cost, say ten to twelve cents per pound. It lays under the shoulder blade, and in form resembles somewhat a tenderloin; and when taken from heifers and good steers it is a very good "near" tenderloin.

Now, if you want to excel in the economical management of meats don't overlook such opportunities, for such are the means you must employ if you are to achieve the most successful results.

The steward, too, comes in for an important part for the thoro, efficient, and economical consideration of the market possibilities. In fact, that is his particular province; but, as these articles are written primarily for the chef, I am treating more directly with him. And after all, when all is said and done, it is the chef who has to make good. I would say here, that if this writing achieves the end I aim for, it will be of as much value to the owner, manager, or steward as it will be to the cooks. I know from personal experience that with the manager or steward, or whoever does the buying, it often is that a loin is a loin, a rack is a rack, a rib is a rib, and a fish is a fish with them, and they are inclined to underestimate, or entirely overlook many important points of successful and profitable catering. They fail to give due consideration to grades, size, weights, comparative prices, etc., all of which are vital, and should command the strictest attention.

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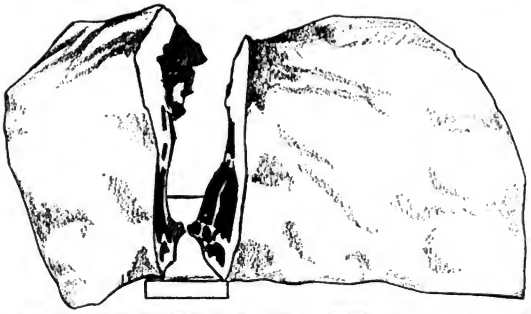

Illustrating model method of severing butt from the sirloin strip, flush with the hip bone. (The faulty cut with this joint is to cut into the sirloin strip shown to the right.)

In buying get the maximum of portions with the minimum of quantity, and be sure that your system of fixing prices is right. Different stewards and chefs figure on different per cent basis. For myself, I figure from a hundred per cent basis when making prices, that is, the raw material should bring twice as much as it costs; some proprietors are satisfied with less, some want more, but of course you cannot make any basis an arbitrary rule, and you will perforce be governed more or less by circumstances.

In selecting ribs, racks, loins, and hams, size and weight should be carefully considered. No matter how much a rack weighs there are only so many bones in it, and, consequently, only so many chops are available. The rack that weighs six pounds will produce as many chops as the rack that weighs eight pounds, when of even cut, *i. e.*, 9-rib or 11-rib cut. So save the two pounds if you can, and at the end of the month you will have a handsome balance in your favor. The same can be said for pork loins, beef ribs, and hams, not to mention other instances in a more or less degree.

I am now to deal with the rest of the loin. We have removed and disposed of the tenderloin, and there remains the "sirloin strip" and "loin butt." In the simple operation of separating the sirloin strip from the sirloin butt untold loss has been incurred because of inefficient and faulty work. There are definite and well prescribed lines to be observed if you are to do the work correctly and avoid unnecessary loss; but my observation has led me to the conclusion that it is the exception when it is properly performed. And, after I have explained, I will leave it to the reader to guess how much needless waste is incurred every day in the work of butchering a loin.

This calls for a lesson in the anatomy of the loin.

The sirloin strip ends at the butt end of the loin, with what is called the hip bone; and if you are to get the full amount of the sirloin strip, you must sever the butt snugly along the end of the hip bone. (See illustration.)

The sirloin strip is one of the most valuable parts of the beef carcass, and every ounce counts. It often happens that in making this particular cut the butcher does it in a haphazard, random way, and in his execution cuts away from the end of the hip bone and into the sirloin strip, thereby leaving a part of the steak strip attached to the bone mentioned, and to the same extent lessening the amount of available sirloin, and consequent loss, as the part of the sirloin detached with the loin butt loses its value and goes with the trimmings to be used as a cheap stew, instead of the valuable steak where it belongs.

By jabbing with the point of your boning knife you can readily locate the point of the hip bone, and from there continuing to follow the face of the bone with the knife's blade you will have no trouble in making the proper cut; but, like anything else, it requires proper knowledge, study, and attention.

The next process is to bone the sirloin strip, and the object should be to excel in neatness, dispatch, and economy. The best method is to

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Boning a Loin Strip. Completion of first process, showing the removal of the rib bones from the inside.

begin from the inside of the strip. With a pliable boning knife, begin by detaching the rib bones, passing the blade snugly under those bones their full length, flush with the backbone.

Having finished this part of your work, lay the strip on the block, ontside up, and in that position detach the backbone part, using care to follow the bone closely, as there is a division in parts of the sirloin strip here, and any careless work will cause the loss of this divided part of the strip, and lessens the volume of the strip to that extent, and a corresponding loss.

Now that you have the sirloin strip boned, place it on the block, ontside up, and cut away the flank, leaving the strip about thirteen inches wide. Then beat with the cleaver, to flatten and level it; when it will be ready to be put away for steaks to be cut as ordered.

The flank part cut from the sirloin strip, which weighs from three to six pounds, gives yon a choice supply of beef for entrees. This part of the beef is especially nice for boiling when large enuf; or, you can use it to good advantage in feeding the help.

* * *

Every kitchen should be equipped with a weighing scale, as the scales play an important part in the steak cutting. My experience has been that it is the exception, and not the rule, to find them in kitchen equipments.

Test made at Hotel Sherman, Chicago, by the author. Full loin, ninety pounds at 18 cents = $16.20:

ARTICLES	Weight	Per cent
Sirloin strip	21	23.34
Pot roast and flank	18	20.00
Tenderloin	10	11.11
Boneless butt	14	15.55
Suet	15	16.66
Bones	12	13.34
	90	100.00

Allowing ten cents per pound for pot roast and flank, thirty-five cents for tenderloin, sixteen cents for boneless butt, eight cents for suet, and two and one-half cents for the bones, the sirloin strip in this test loin would cost thirty-four cents per pound. With the loin at seventeen cents, the sirloin strip would be a fraction under thirty cents. This loin was used for the illustrations, and in standard hotel cuts produced twenty sirloin steaks, nineteen butt steaks (one of which was cut from the butt end of the sirloin strip) and nine tenderloin steaks.

* * *

As the à la carte sirloin is cut to order, it falls to the lot of all the cooks to cut steak at times. In the afternoon the man doing duty has to cut any steaks ordered; and at night the night chef, or one of his aids, does it. So it is necessary that all cooks have a knowledge of proper steak cutting. It is advisable that the

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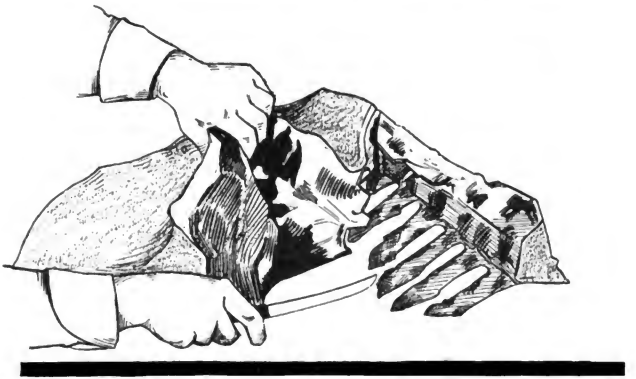
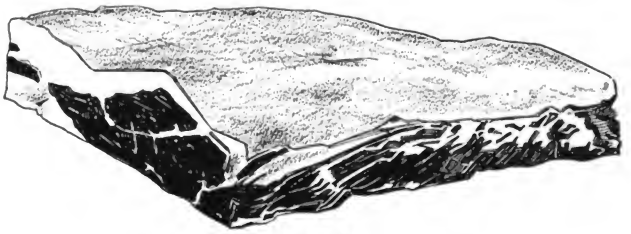
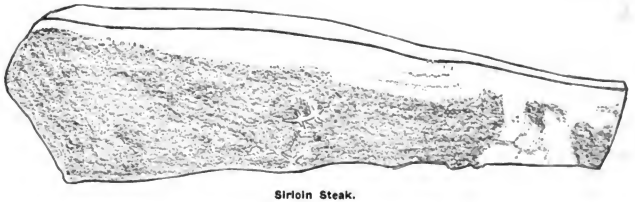


Second and finishing process of boning the sirloin strip. (Hand is shown lifting the sirloin strip that has been severed with the boning knife, leaving vertebrae and ribs exposed.)



Boned Sirloin Strip.



Sirloin Steak.

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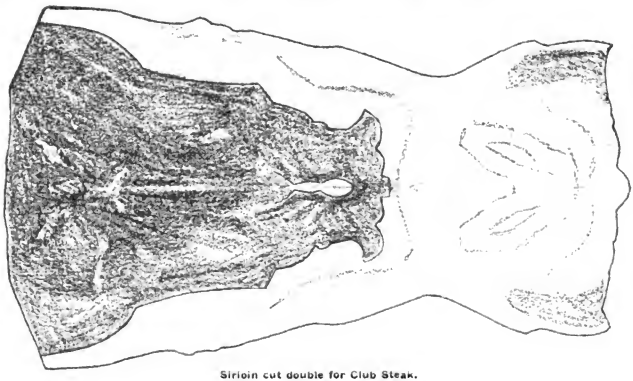

Sirloin cut double for Club Steak.

chefs have posted in the kitchen a schedule of weights of the different steaks listed on the bill of fare.

The generally established rule is that a single sirloin should weigh one pound; but you will find places where they cut them an eighth or so under a pound.

In cutting a "Sirloin for two" the weight is fixed by the price it sells for. Different places have different prices, ranging from seventy-five cents for a single sirloin to $1.25, with a corresponding change for the different sized steaks. To cite an example: I will quote steaks priced on the bill of fare from the "Single sirloin steak" at ninety cents to the "Sirloin for four" at $3.50.

You frequently will find that the next sirloin above ninety cents listed, "Sirloin for two," is priced at $1.70 or $1.75, and not twice ninety, or $1.80. You should consider this, and cut accordingly. The "Sirloin for three" next in line, is priced $2.50, and not $2.70, which is three times ninety.

The Club sirloin, or "Sirloin for four," is priced $3.50, or only ten cents discount from the ninety-cent basis. So, cut your steak in proportion to the price, as established in the place where you are employed. It is astonishing what a variation of prices you will find in the different places, hardly any two alike. Somebody surely must be paying the cost!

With the present prices of steer loins, a sirloin steak should sell for at least ninety cents or a dollar. You cannot follow any arbitrary rule in fixing prices, but this being such an important matter, it is advisable that the manager, steward and chef get together and come to an understanding and decision.

First decide what grade of loin you can best use. You should be guided in this by the standard of your hotel, the town, and the prices best suited to your establishment.

After selecting the loin you are to use, determine by test what it will produce, and fix the price on whatever basis of per cent you may be employing, whether it be fifty or sixty-five or one hundred per cent, or whatever may be determined. Different managers and stewards figure from a different basis. By taking these precautions, you insure more accurate work, and every one concerned is apt to be more alive to his responsibility. It is surprising in what a careless and unbusinesslike way this work is done in most places.

I have before me now the à la carte bills of four first class establishments, all in Chicago, and all of about equal standard. One has Single sirloin listed at 70 cents; the next, 80 cents; the third, 90 cents, and the fourth, $1.25. One doubles the single rate for the double steaks, as, Single sirloin, 80 cents; Sirloin for two, $1.60, etc. Another reduces from the single sirloin basis, as, Single sirloin, $1.25; Sirloin for two, $2.00; Sirloin for three, $3.00; a cut of twenty-five cents per portion.

One would naturally suppose that such a staple as a sirloin steak would be more uniform in price. There is inefficiency somewhere, and

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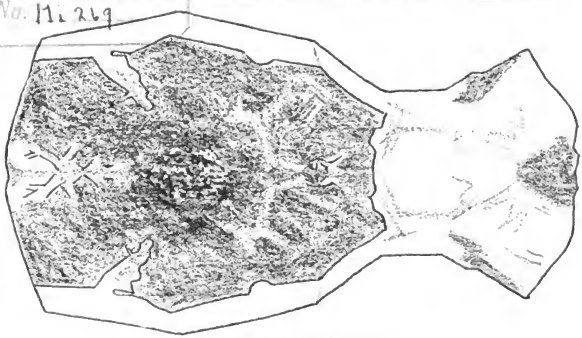

Split Sirloin Steak, for a la Minute.

the reason doubtless is that the meat question has not received the study and attention it deserves.

A good method to employ in cutting the double steak is to make preliminary markings. For instance: You have an order for a sirloin for two. Mark off first a sirloin for one; then mark off the steak as it should be for two. If the order is a sirloin for three, measure off one, two, and three. You will find that a great help, and superior to the single measurement.

The Sirloin for four calls for good judgment and careful handling, and you will find the above measuring a great aid. There are so few orders for such steaks, that the cook is not so familiar with its size, and he is apt to make a bad guess; but by marking off one, two, three, and four singles, he will not go far wrong. The sirloin strip is very expensive and cannot receive too careful handling.

The Sirloin for four is commonly called "Club sirloin." You first cut apart the steak; then it is split nearly thru down the center, making two equal parts still joined together. Fold the two parts as joined, wrap in a cloth, and flatten some with the cleaver, when it is ready for the broiler.

The sirloins already quoted are the standard ones, and are found everywhere. Now, I am going to speak of special sirloins. Of this class of sirloin steak, the "Sirloin à la minute" takes first place. (Some places list this steak under its English name of Split sirloin.) It is a great seller, and is becoming better known and more popular every day owing, not only to its own inherent qualities, but because it is peculiarly fitted to the European plan service that is now so general. It is a valuable steak from an economical point of view, too. You can sell it for nearly as good a price as the regular sirloin, and it requires but little more than half the amount of meat. And, as it is important that the chef should have a fair proportion of his carte du jour entrees that he can quickly cook to order, and thus avoid having too many dishes ready cooked (with a greater possibility of loss), the minute steak answers this requirement also. And it certainly is good to eat.

In cutting "Sirloin à la minute" you first cut from the end of the sirloin strip a slice of steak about three-eighths of an inch thick, not cutting it quite thru, but leaving it attached to the strip by a fair margin of flesh. Then make a second cut of the same thickness, this time entirely severing the steak. Now spread the two slices that are joined, and flatten with a cleaver, at the same time scoring on either side.

This steak should be fried in a smoking hot skillet with drawn butter, and served at once on a red hot platter.

Sauce à la minute is served with this ordinarily, and more especially when served by the French cook. But for myself, I have had better success in serving the Minute sauce on the side, and serving brown butter (without lemon or chopped parsley) on the steak.

To make Minute sauce: After taking steak from frying pan, put in finely chopped garlic; let brown fairly, then add a ladle of demi-glaze. As a lot of people dislike garlic it is best to serve the minute sauce apart from the steak, unless otherwise ordered.

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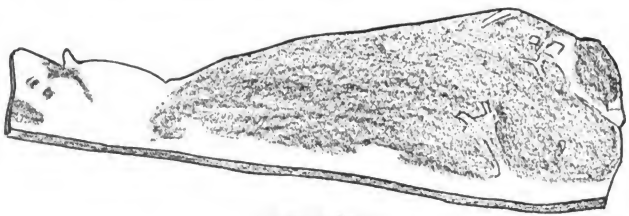


Two-Minute Sirloin.

This steak, when well produced, makes a big hit, as it is mother's cooking, in a way, being fried, and diners take advantage of this as an appetizing change from the regular broiled steak. A fair price for this steak is from sixty to seventy-five cents. It requires less meat than the regulation sirloin, and sells to better advantage. It can also be served in half portions, and priced accordingly.

Other steaks of this order are the Two-minute sirloin and the Three-minute sirloin. These, too, are favorites and great sellers, and are good "cooked to order" specials or entrees. The Two-minute steak should be cut about three-quarters of an inch thick, and sell at from fifty to sixty cents per portion, price to be regulated by the garnish and grade. Cut the Three-minute steak thicker, and charge from sixty to seventy-five cents per portion.

These steaks are best fried like Sirloin à la minute. Use your own judgment as to how they should be garnished; but some kind of potato garnish is the best, as, for instance:

"Two-minute sirloin with potatoes Albert."
"Three-minute sirloin, potatoes O'Brien."
"Three-minute sirloin à la Rathskeller."
"Two-minute sirloin, special French fry."
"Sirloin à la minute, Parmentiere."
"Special sirloin, Hotel Metropole," or "Hotel Windsor," or whatever may be the name of the establishment in which it is served.

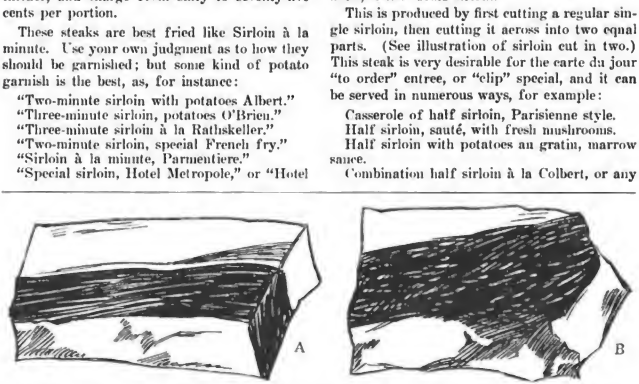
By a proper use of these special steaks, you can help keep the diner away from the less profitable à la carte steaks.

Right here is where a good sirloin strip can be made to play an important part. They are preferable to the whole loin, as there is not so much trimming to the sirloin strip. Should you have a big run on a "Minute sirloin" entree, you might have need of several strips; and were you compelled to cut them from the loins, it would mean a lot of superfluous stock; so the sirloin strip of right quality is the ideal for these special steaks.

Another special sirloin that can be used to good advantage, especially for the European hotel, is the "Half sirloin."

This is produced by first cutting a regular single sirloin, then cutting it across into two equal parts. (See illustration of sirloin cut in two.) This steak is very desirable for the carte du jour "to order" entree, or "clip" special, and it can be served in numerous ways, for example:

Casserole of half sirloin, Parisienne style.
Half sirloin, sauté, with fresh mushrooms.
Half sirloin with potatoes au gratin, marrow sauce.
Combination half sirloin à la Colbert, or any



Half sirloin, split crosswise. The cut to the left, "A," is the lower, and to the right, "B," the top slice. The top is the choice.

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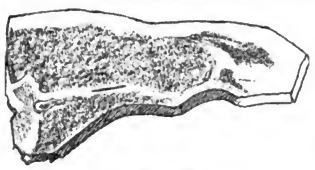
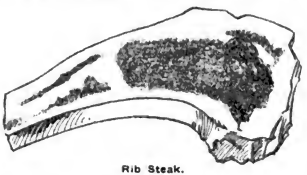


T-Bone Steak.



Rib Steak.

other way that may suggest itself to you.

Before proceeding with the Loin butt, I will write further of special steaks; and, as next in order, I will take the "T-bone sirloin." This is one of the leading steaks, especially in the West, where you find it in almost every restaurant and hotel. It is a fine steak. In reality it is a miniature Porterhouse, but sells for a modest price. It is cut from the small end of the whole loin; or special sized and graded loins are used for it.

When buying loins for T-bone steaks the best is number 2 heifer short loins. For cheap restaurants it is, of course, necessary to use a lower grade loin. They are cut thru the whole loin, just as the porterhouse is cut, only thinner:—as a rule about an inch in thickness. This steak is a good seller and adds well to your variety of dishes. It, like the Minute steaks, is best properly fried, and is nice served with different garnishes, as

Plain T-bone sirloin, potatoes Chateau;
T-bone sirloin à la Seminole;
T-bone sirloin, Chieftain.

Grade the prices according to the loin you are using, but it should be a popular price, say from fifty to seventy-five cents.

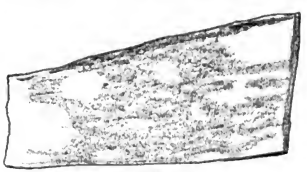
The "Rib steak" is another important steak, but, like the T-bone steak, it is better known and more popular in the West, and by the time you reach California, you find that it has practically replaced the "plain" or "small" steak of the East.

The Rib steak is generally a cheap one, and can be used to advantage in many places, especially in popular priced restaurants; its big drawback being that it is not so generally known, and not a very good seller for that reason. As its name implies, it is cut from the rib roast—those grading No. 2 or No. 3. Generally the steak is cut with the rib bones in; but what is known as the "Spencer roll" is frequently used.

To cut: Remove the back and chine bone, leaving the ribs intact. Cut to the desired thickness, sawing any obstructing rib bone.

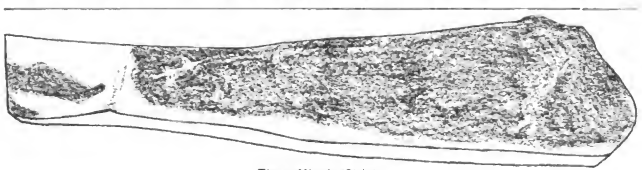
Some places make a specialty of a high class Rib steak and charge $1.50 for one, and $2.25 for extra. For this a first class rib is used.

The Flank steak is another comparative stranger to the steward and chef. It is that part of the beef coming from the flank lying directly



Flank Steak.

over the "cod" of the steer, and of the udder of a heifer or cow. (See No. 6 in carcass diagram.) It weighs from one to two pounds, and sells at fifteen to seventeen cents per pound. The supply is rather limited, but, it being such a stranger, its demand is not very large, so I



Three-Minute Sirloin.

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have never had any trouble in getting a supply. It is a separate and independent part of the animal, and in form and shape somewhat resembles the shape of the flattened human hand with the grain running lengthwise. For this reason it requires special handling on the part of the cook, and when used for broiling should be cut in oblong strips across the grain. But it is not at its best when broiled. It is best used as Rostbraten, potted or braised, as short ribs.

I have in mind a restaurant that features a "Flank steak special" once a week, and for which it is famous.

In character the Flank steak resembles closely the short-rib with its alternate layers of fat and lean, and for the person that relishes rich fat food, it is a favorite. It has an advantage over the short-rib in being somewhat more tender. It appeals to the chef by reason of supplying him with a novelty, and is a good seller at a popular price, and when well served, you rarely get a "kick" on it.

Following are some favorite Flank steak dishes:

Flank steak rostbraten with spatzel;
Potted steer flank steak with noodles;
Special flank steak à la Congress;
Grilled flank steak with rasher of bacon;
Stuffed flank steak à la Boniface.

Another nice steak entree, suited to the high class European hotel, club, or restaurant, is the Rostbraten steak, such as is called

Esterhazay rostbraten with macaroni, Neapolitan;
Prime sirloin rostbraten, club style;
Steak rostbraten Holland House, etc., etc.

Cut these steaks same as for the Three-minute sirloin, from the sirloin strip.

I wish to offer a suggestion to the chef here, that from personal experience I know, if followed, will surely bring him compliments. There is a double purpose in so doing; one to avoid the use of French as much as possible, the other to present on the bill of fare dishes in as attractive and intelligible form as possible. For illustration, on a certain day we had for an entree

"Contrafilet of beef pique, Arlesienne."

One hundred and forty people ordered lunch from that bill of fare (I am quoting an actual instance), and not one order of the "Contrafilet" was sold. There I was, with an expensive entree left on my hands, and it was up to me to dispose of it. So I thought it over and decided to serve it again the next day, but under a different name. And I put it in English, and made it plain to the diner what the body and garnish of the dish was. I called it

Larded prime beef sirloin with fried egg-plant and stuffed tomato.

Well, you should have seen the result! I not only sold it out, but I ran short of orders. I did not have time to trim, lard, and cook another sirloin strip, so I cut "Two-minute steaks" and finished the meal with those.

I will cite other examples: Here we have "Filet mignon à la pompadour." That is Greek to the average diner. How much better to put it

"Small tenderloin, bearnaise sauce and fancy vegetables."

Fried pork chops "with candied sweet potatoes, own gravy," in place of "à la provençale."

Stuffed breast of veal "with tomatoed spaghetti and creamed carrots" in place of "à la Grimaldi."

Calves liver and ham "with country gravy and mashed potatoes" in place of "à la Raymond."

Braised fresh ham "with red wine slaw and browned sweet potatoes" in place of "à la Bohemienne."

I could give you any number of examples, but the above express the idea.

Down with the à la's.

Make the above the scheme and rule of your work and you will be surprised at the compliments you will receive. It is my belief the successful American chef of the near future will use little or no French.

PORTERHOUSE STEAK

In selecting loins for Porterhouse steak, choose the pin bone short loin; and, unless you are left handed, select the right hand loin, which is generally the "closed" loin, and makes much the best steak. The right hand loin is best for cutting, as the body is toward the butcher, while with the left hand loin the body of the loin is away from you, and you cannot hold the loin while sawing off the steak.

The Porterhouse steak is the bugaboo of the chef. I would like to see it abolished from the bill of fare. From the diner's point of view, however, there is no particular objection to this steak. In itself, it is a high grade, classy dish and has withstood the test of time. But it is the proprietor, steward, and chef whose interests I have paramount in these writings.

The man who invented the Porterhouse has, no doubt, had more anathemas of censure hurled at him than any other living being. I said that the diner has no kick coming, but, on second thought, I must take that back, for often the man that goes to the butcher shop and buys a Porterhouse steak to take home for dinner gets Porterhouse in name only. The retail butcher nearly always buys full loins, and starts right

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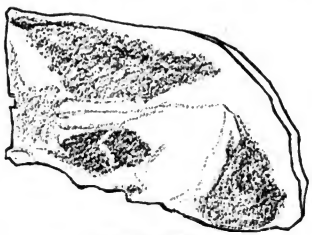
off dealing Porterhouse(!) steak from the large end of the loin (which is nothing more or less than "Butt" steak) till he has cut past the point of the hip bone where the Porterhouse proper begins. (The real Porterhouse steak is cut from that part of the loin formed by the sirloin strip on the upper side and the tenderloin on the nether side, and sliced thru the whole of this part of the loin.) So you see where he, the buyer, suffers an injustice. Of course discriminating judges can avoid that, but how many householders do?

Right there is where the short loin is in favor with the hotel man, especially if he has much call for Porterhouse. As a rule, however, the Porterhouse is in small demand, but it is always in evidence. You will find it everywhere, overrated as it is. Enter a little insignificant hotel, and you will find his majesty, the Porterhouse, installed, an everlasting source of loss, and a trouble to the chef; the proprietor, of course, footing the bill.

In the big establishments, where they have a fair demand for this steak, and employ a professional butcher, it is all right. But in the small establishment you may go for days, yes, even weeks, without getting an order for one, and there is where the havoc is caused. Any one of a number of things may happen. You are apt not to have Porterhouse at all, for one thing, and be compelled to tell the patron that you cannot serve his order. Then it is possible that you may have a nice full loin left hanging in the ice box, and it is possible to cut the steak from it. Right here is where the chef is up against it. He must refuse to serve the order, or inflict serious injury to the loin.

To secure the desired steak he has to cut his loin thru at the hip-bone point, tenderloin and all; and that is poor, wasteful butchering; for in so doing he has injured the tenderloin seriously. Could he dispose of the Porterhouse loin he now has, as such, it would be all right. But the fact is, he is not liable to sell another Porterhouse for days to come. We will say, as it too often happens, that he had poor refrigerating facilities. That means he can only hold it a few days. But he does the best he can under the conditions. He saves it probably for a week. No more calls for Porterhouse. He sees that the loin is going bad, and is more or less badly affected, so concludes to use it up right away. He trims away the bad parts, bones it, and cuts it into salable steaks. Just about that time (I know from experience) a waiter appears and says, "Chef, I want a nice double porterhouse for a party of four."

Well, he has had his supply of loins renewed,



Porterhouse Steak.

so he proceeds to mutilate another loin. Even in the best of hotel short-loins, as trimmed by the packing companies, the chef has to discard more or less of the loin end in order to secure an acceptable Porterhouse.

If you are where they have a first class cooler and a reasonable demand for Porterhouse, you escape the above annoyance and loss; but such favorable conditions are the exception.

Another consideration is the cutting of this steak. The Porterhouse is awe-inspiring to the average cook, and he is apt to overcut the quantity. It is rather a hard steak to cut, anyway, and it should be a well trained hand to cut an even and well judged steak. Often it is badly done, and will be about one and a half inches thick on one edge, and about three inches thick on the opposite edge. The saw was dull, the hand untrained, and the proprietor must stand the loss.

The single Porterhouse should not be listed on the bill of fare, if serious loss is to be avoided. It is next to impossible to have it cut within proper weight and price limit where you are using the most expensive loins.

The Porterhouse is not suited to single portion service; so begin with a "Porterhouse for two" at an approximate price of $2.00. It should be about one and a half inches thick, and weigh about four pounds. The next would be "for three," at, say, $3.00, and about half an inch thicker than the double one, and about two pounds heavier; the third, "for four," at $4.00, two and a half inches thick and eight pounds in weight. That is enough to list. Let the head waiter arrange for larger and special orders.

In the modern cuisine, the Porterhouse has lost much of its popularity, and should the proprietor strike it off the bill of fare it would hardly be missed.

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HAMBURGER STEAK

Every one knows about the Hamburger steak. Still, I feel I must pay it my respects, even tho it be more plebeian than the Sirloin and the Porterhouse. Dear old friend, you have helped me to make profitable use of many odds and ends that might otherwise have been wasted. As an à la carte steak you are about the lowest on the bill, but you are always there. Nearly all à la carte bills list Hamburger steak, yet it is a singular fact that an à la carte order for it seldom comes. It is as a modest-priced, ready to serve carte du jour entree that the Hamburger steak is at its best.

In the first class cafes the Hamburger is generally made of tenderloin trimmings; but for ordinary service loin trimmings and such are used. Various methods are used in its composition. The one most approved of and employed is to thoroly free the beef of sinews, and to each pound of beef add one-quarter pound of lumbar (fat around the tenderloin) or kidney fat. Pass this thru the meat chopper, being careful to have the knives closely and tightly set; otherwise the machine will not do the work well, but clog up; and it must be tight to cut clean; or, better still, a Buffalo chopper.

See that the meat and fat are equally distributed. Add two cups of cold water to each three pounds of mixture. The water will contribute greatly to its juiciness and tenderness. Some add a panada of bread. Soak the white of bread in cold water; wring and mix with the meat at the ratio of one part panada to five parts of steak mixture. Then add about half a cup of minced and blanched onions to each pound of hamburger. Season and mix with one egg yolk to the pound, when it is ready for use. It is a good lunch entree:

Hamburger steak with Lyonnaise potatoes;
Hamburger and grilled Spanish onions;
Braised Hamburger roll, Berlinoise.

They should not be cooked too far ahead as, owing to their loose composition, they quickly lose their juices, and lose much of their palatability.

SALISBURY STEAK

The Salisbury steak does not differ much from the Hamburger. In cooking, the Hamburger steak is generally fried, while the Salisbury steak is usually broiled. In the composition of Salisbury steak marrow is used in place of the suet, and in the Salisbury mixture the onions are omitted, and the bread is best left out. Water can be used to advantage. On the whole, the beef should be of a choicer grade, as the Salisbury has more class, and sells for about ten cents more per portion. Some flavor with sherry wine.

Following are some entree suggestions:

Grilled Salisbury steak with bacon;
Broiled Salisbury steak with French fried onions;
Combination Salisbury steak, cafeteria.

CHOPPED STEAK

There is another steak on the order of the Hamburger that is called the "Chopped steak," and it sells pretty good; and, as it can be quite useful to the chef, I will describe it:

Select about the same grade of meat as for the Salisbury, and mix with suet or marrow. But, in place of grinding it, chop fine with a sharp cleaver, and add only salt and pepper. This is more on the order of "home cooking," and is preferred by many. Form this steak thinner than the Hamburger or Salisbury, and in cooking fry to order, as "Sirloin à la minute."

Chopped steak suggestions:

Chopped beefsteak sandwich, chili sauce;
Chopped beefsteak with mashed potatoes;
Chopped steak with marrow and scalloped potatoes.

BRESLAUER STEAK

A nice chopped steak is what is known as the Breslauer steak. It is composed of one-half veal and the other half of fresh pork, chopped fine, seasoned and moulded into steaks. It may be broiled or fried and garnished in a variety of ways:

Grilled Breslauer steak with bacon;
Breslauer steak with Italian prunes;
Steak Breslauer style, fresh mushroom sauce;
Breslauer steak with potatoes O'Brien;

These make a suitable and profitable disposition of veal and pork trimmings.

MARROW

As it is not generally known, I will say that marrow can be had of the packing houses at about fifteen to twenty cents per pound. They supply it in what they call "marrow sticks," that is, the marrow extracted from the bone in its natural form in sticks about five or six inches long. It is well to know this, as marrow is very useful to the chef, and can be kept a long time in a strong solution of salt water. The salt water whitens and improves it.

SPINAL MARROW OR SPINAL CORD

The "spinal marrow" or cord is very little used. It is the narrow cord found in the vertebrae of the beef carcass. In food value it is about the same as brains. It has a delicious taste, and makes an appetizing and novel entree served as "Croustade of spinal marrow, Gastronome." It is nice as a garnish

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for "Fancy filet mignon," and as a soup, "Bisque of marrow, Epicurean."

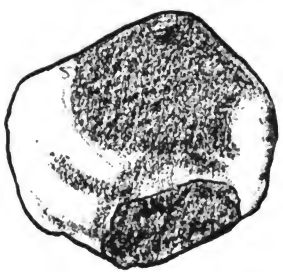
STEAK A LA TARTARE

Tartare steak is another chopped steak, and you find it on a majority of à la carte bills of fare. It is so seldom called for, however, that many cooks are "up in the air" when they get an order for it, never having served it, even after years of service as cook.

This steak is served raw, and should be made of tenderloin. Chop the meat finely, season with salt and pepper, rather highly. Add some fine chopped onions, and bind with a little egg yolk. Mold for platter service. Indent the center and in the hollow so made place an unbroken raw egg yolk. Garnish with lettuce leaf, scattered capers, onion rings soaked in vinegar, and fancy cuts of spiced beets and pickles.

CHATEAUBRIAND STEAK

The Chateaubriand steak is an aristocrat, and is listed on most all à la carte bills. It is a double tenderloin served for two, three, or four. In price it ranges from $2.50 to $5.00, depending on the size and garnish. Only one Chateaubriand is listed, as a rule, and is named after



Chateaubriand Tenderloin.

the house, as "Chateaubriand, Tip Top Inn," $3.50; "Chateaubriand, Blackstone," $4.00. The above quoted bills list but the one Chateaubriand steak and the service is for four. The garnish varies with the different establishments, and generally consists of a rich sauce, fresh mushrooms, and fancy vegetables. Some places list two or three sizes with varying prices and garnishes, such as "Marchand du vin," "Bearnaise," or "fresh mushrooms."

In cutting the Chateaubriand for two it should be cut to weigh one and a half pounds; for three, two and a quarter pounds; for four, three pounds; and to be at its best it should be taken from the "heart" or center of the tenderloin strip.

RUMP STEAK

The rump, or aitchbone, is that part of the carcass marked No. 2 in the diagram. It is a choice, tender piece of beef, and makes a steak suitable for rostbraten, or old-fashioned plain steak. It is also suitable for a family roast, and

Rump Steak.

for boiling. But, being in such small demand, the packers have been compelled to consign it mostly to the corned beef barrel. And there it is of secondary rank to the brisket, so that its greatest value is for canned corned beef.

But while I am on the steak subject, I consider it worthy of consideration for this purpose, tho seldom listed or used in this country. In France, however, the rump pieces are commonly used as steak, and, in my opinion, they should be complimented on their judgment.

THE ROUND STEAK

The Round steak comes from the hind quarter, marked No. 3, in the diagram. It sells at about twelve cents per pound. It is more of a family steak, but can be of use to the hotel or restaurant.

The choice part is what is called the "Top" or inside piece. That is the part called the "fricandeau" in veal, with which all cooks are familiar. When taken from a good steer or heifer it makes an excellent steak.

The Chicago packers market the round entire as a rule, but in New York and California I have seen the "top round" a common market piece.

THE SMALL, PLAIN, OR LOIN END STEAK

I will now revert to the loin, and treat of the "loin butt." After removing the hip bone, we have what is known as the "boneless sirloin butt." They are supplied by the packing houses as boneless or whole. When bought whole you

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Boneless Loin Butt. (From which is made, when cut in two, the oblong and triangle cuts illustrated below)

get the tenderloin part, and the fat and bone, which should come in for consideration when making your choice. They are graded in quality and price much like the loin.

20 to 24 pounds averaging 20c
15 to 18 pounds averaging 18c
10 to 15 pounds averaging 17c
8 to 10 pounds averaging 16c
6 to 7 pounds averaging 14c

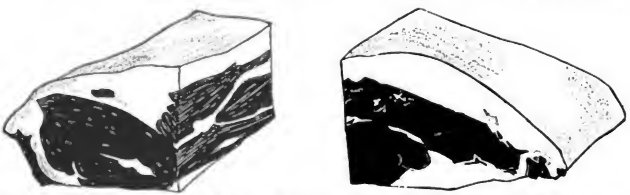
for the boneless; and the same grade with the bone and tenderloin in sell at from four to five cents less per pound.

It is from the sirloin butt that hotels, clubs and restaurants derive the small, or plain steaks; and this has covered the ground so fully and well that it has caused the limited field of market and demand for the rump and round steaks before mentioned.

In making your choice between the short and long loins the butt is the important point of consideration; and further, a lot depends on who the chef is. Some chefs make scarcely any use of the loin butt, while others employ it extensively and profitably. The chef that uses the most has the advantage, as the higher grade cuts of beef are generally the least profitable, except in the very best establishments where high prices prevail.

The supply being practically unlimited, and the grade of quality so varied, it deserves the chef's most careful consideration; in fact, a skillful handling of the loin butt is one of the most valued assets of the average chef. This is the steak that the chef generally reserves for himself and crew and the officers. In many places the cheaper grades are bought for the help's hall.

In cutting steaks from the large steer butts,



These illustrations represent a Butt Steak piece cut in two. The oblong is the cut of second quality. The triangle is the choice cut.

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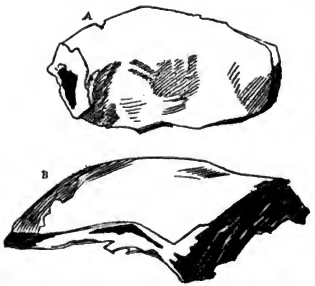


Trimmings from Loin Butt. "A" is suitable for help's steak, pot roast, sauerbraten, etc. "B" is suitable for boiled beef, beef a la mode, and for corned beef, etc.

the butt should first be freed of flank, then cut in two. That gives you the lower, or triangle part, and the upper or oblong part. (See illustration.) The smaller, or heifer, butts may be left whole for steak slicing generally. In the former the triangle part is much the choicest for steaks. It is more tender, and well interspersed with fat. Cut these in slices one inch thick, across the grain. The oblong part has little fat, and is interlaced with considerable sinew. For myself, I generally use this part for Pot roast, Beef à la mode, Weiner rostbraten, Braised beef loin, or some such use. I keep a jar of marinade in the ice box for this purpose, and as the parts accumulate, I marinade them, and when there are enough, I utilize them as above indicated, or as

German pot roast with noodles;

Braised loin end of beef with glazed vegetables;

Weiner rostbraten with potato dumplings;

Beef à la mode, browned potato and spatzel.

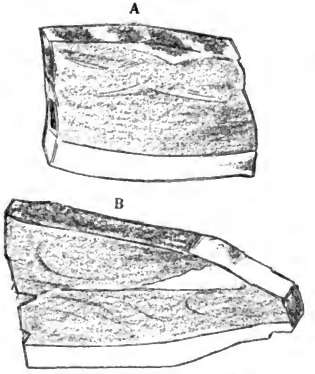
For a higher priced entree the triangle part is very serviceable. Such dishes as

Old-fashioned plain steak, sauce Creole;

Three-minute small steak, Lyonnaise potatoes;

Loin-end steak au jus with baked potato.

The flank part of the sirloin butt contains two choice minor parts of beef. The piece that belongs to the round proper, is just the thing for help steak, and that is how I have generally used it. The other part, which belongs to the flank proper, is fine for boiled or braised à la mode or pot roast.



A—The bottom, or oblong Butt Steak.
B—The top, or triangle Butt Steak.

THE SHORT LOIN

The short loins come in two classes, the pin bone and the flat bone. The flat bone loin is about three inches longer than the pin bone, and is sometimes called the Hotel Cut loin. (Estimated by following test, seventeen per cent full loin.) The flat bone is six per cent butt and eleven per cent loin, as compared with the full

Pin-bone loin end 8½% of the full loin, makes:

ARTICLES	Per cent	Cost	Amount
Short butt steak	24.08	25	6.0200
Tenderloin steak	05.55	25	1.3875
Stock bones	14.82	2.50	.3705
Pot roast or corned beef	37.03	10.50	3.8881
Suet	18.52	6.50	1.2038
	100.00		12.8699

Pin-bone short loin, 8½% of full loin, makes:

ARTICLES	Per cent	Cost	Amount
Sirloin & tenderloin steak	40.74	40	16.2960
Boiling beef	18.52	10.50	1.9446
Suet and fat	24.08	6.50	1.5652
Stock and bones	14.82	2.50	.3705
Shrinkage	01.84	.....	.....
	100.00		20.1763

The whole loin:

ARTICLES	Per cent	Cost	Amount
Sirloin butt	08.50	12.86	1.0731
Short loin	08.50	20.17	1.7144
	17		17)2.7875(=16.52

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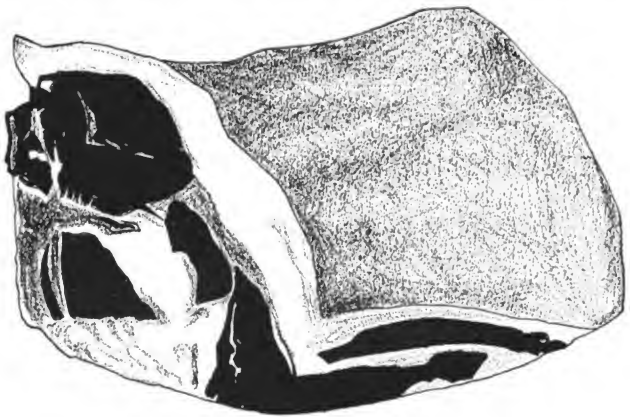
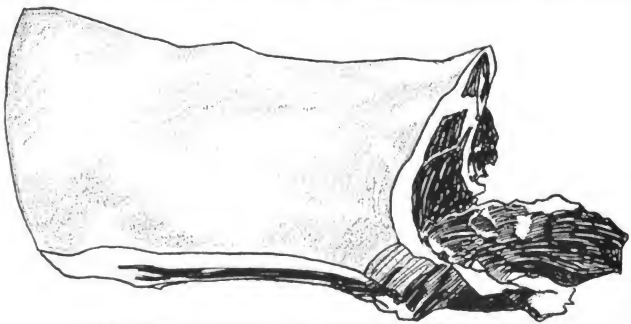


Pin-bone Short Loin.

loin, which is eight and a half per cent loin, and eight and a half per cent butt.

The pin bone loin is classed as a perfect cut, and rated all loin. In making your choice you will be governed by what use you can make of the butt. And here is where the chef plays an important part. Some use a lot of loin end, while others hardly know what to do with it. The chef that makes the most and best use of minor cuts of beef is going to show the best profit balance at the end of the month.

The test here given is a valuable aid in teaching the buyer how to determine the loin best suited to his use. (Of course weights and prices change, and a test can only go so far; supply the principle of computation, and give an approximate estimate of the different loins. The hotel man wants to know which is the best loin



The St. Nicholas Loin, showing pin bone cut with all of the tenderloin left in.

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for him to buy, for his particular use, and my object is to suggest to the buyer how to do it.)

He should not stop at the loin, but should also consider the sirloin strips, "bone in" and "bone out," and the various tenderloins, on all of which I will supply data.

In hotel catering, the "knowing how" to buy and sell is as important to the hotel man as to the merchant. I have pointed out how, under practically even conditions, sirloin steak is sold all the way from seventy cents to $1.25, and I have seen buying just as faulty.

There is another loin I will mention that you don't see listed in the market reports. It is called the St. Nicholas loin (first cut by Morris & Co.), being named after the St. Nicholas Hotel of Cincinnati, which originated the loin. The St. Nicholas loin is obtained by cutting out only the loin end and hip bone part of the full loin, leaving the tenderloin entire. Cut in this manner, you get a full tenderloin and sirloin strip without any butt and the minimum of bone. Since started by the St. Nicholas, several hotels now use it. It sells for two cents more per pound than the pin bone loin.

When using No. 1 Native Loins it is safe to figure that you will get about as many steaks from an 85-pound loin as you would from a 90-pound loin. If you are using a lighter grade the same comparison applies. In choosing Short Loins, calculate from the same basis. If you can save five to ten pounds on each loin it is a great economical advantage. In places where I can get a satisfactory sirloin strip and stock tenderloin, I favor them, as they give me a larger and more independent field of action. So many different conditions prevail, however, that the steward and chef must be more or less governed by them.

There are many special sirloin steak dishes desirable for European service that the No. 1 sirloin strips are the best for; and with the stock tenderloin you can get the same benefit; whereas, if you are dependent on what loins you use for tenderloins, you can only make a limited use of them. All those points determine the variety and quality of the chef's work. Hardly any two agree, however.

THE BRIGAND'S FEAST

Joaquin Miller, "Poet of the Sierras," was the inventor of the Brigand's Feast. It is made of venison, according to his recipe, but that may be substituted. It is a brochette of venison, bacon, onions, and green peppers, roasted over the open campfire. He vouches for it as being a feast fit for the gods, albeit he has dedicated it to the brigands.

BEEF TEST EXAMPLES.

Test on one full loin, sixty-six pounds @ 19 cents = $12.54:

ARTICLES	Weight	Per cent	Cost	Amount
Pot roast	7	10.62	10.50	1.1151
Boiling meat	4	06.06	10.50	.6363
Trimmings	1½	02.27	10.50	.2384
Sirloin strip	15	22.72	39.41	12.4359
Tenderloin	6	09.09		
Strip bones	5½	08.33	2	.1666
Butt steak	10½	15.91	15	2.3865
Small steak	4½	06.80	15	1.0200
Suet	7	10.62	8	.8496
Bones	5	07.58	2	.1516
	66	100.00		19.0000

In these test examples you fix the price of the by-products on a basis of what they would cost you, were you to buy them direct. Bones two cents, suet eight cents, pot roast ten and a half cents; boiling meat, 10½c; trimmings, 10½c; butt, 15c. The price of the sirloin and tenderloin is determined by what these by-products will total, to-wit:

Seven-pound pot roast:

66 pounds)7.0000(10.62⅔%
10.62 x 10½ = 1.1151

Proceed with all the by-products; then total; subtract from the price of the loin, nineteen cents. With that price you get the per cent and amount of the sirloin and tenderloin in the same manner as with the by-products.

• • •

Test on pin-bone loin, twenty-seven pounds @ 26 cents = $7.02:

ARTICLES	Weight	Per cent	Cost	Amount
Steak	11	40.74	54.15	22.0606
Boiling meat	5	18.52	09.50	1.7594
Suet	6½	24.08	07.50	1.8060
Bones	4	14.82	02.50	.3705
Shrinkage	½	01.84	.....	.....
	27	100.00		25.9965

• • •

Test on beef butt, twenty-seven pounds @ 14 cents = $3.78:

ARTICLES	Weight	Per cent	Cost	Amount
Butt steak	6½	24.08	29.32	70.6020
Tenderloin	1½	05.55	30	16.6500
Bones	4	14.82	2.50	.3705
Boiling meat	10	37.03	9.50	3.5178
Suet	5	18.52	7.50	13.8900
	27	100.00		14.0025

To estimate steaks and portions divide quantity by the weight each portion or steak is to have,

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Test on full loin, eighty pounds @ 19 cents = $15.20:

ARTICLES	Weight	Per cent	Cost	Amount
Tenderloin	6¾	08.44 }	34.22	11.6591
Sirloin strip	20½	25.63 }		
Top sirloin butt (Oblong cut: see page 24.)	12	15.00	20	3.0000
Bottom sirloin butt (Triangle cut: see page 24.)	12	15.00	14	2.1000
Flanks	4¼	05.31	9.50	.5035
Trimmings	5½	06.88	9.50	.6536
Suet	7½	09.37	8.50	.7964
Bones	11½	14.37	2	.2874
	80	100.00		19.0000

Sirloin strip from this loin measured nineteen inches long and thirteen inches wide.

Top sirloin butt is the oblong part.

Bottom sirloin butt is the triangle part referred to in loin butt article.

• • •

Test on pin-bone butt (thirty-eight and one-half pounds), cut into steaks:

	Portion each	Per cent	Pounds	Portions
Cut top sirloin	12 oz.	05.84	2¼	3 steaks
Cut small steak	8 "	11.68	4½	9 "
Cut loin butt steak	10½"	15.58	6	9 "
Pot roast and stew	8 "	28.57	11	22 orders
Tenderloin steak	8 "	07.79	3	6 steaks
Suet	.....	15.60	6	.....
Bones	.....	14.94	5¾	.....
		100.00	38½	

• • •

Test on pin-bone short loin (forty-two and one-half pounds), cut into steaks:

	Portions each	Per cent	Pounds	Portions
Portions pot roast	8 oz.	15.89	6¾	13½ orders
Tenderloin steak	8 "	12.35	5¼	10½ steaks
Sirloin steak	16 "	37.65	16	16 "
Trimmings	16 "	02.35	1	.....
Bones	.....	12.94	5½	.....
Suet	.....	18.82	8	.....
		100.00	42½	

• • •

Test on one full loin, seventy-five pounds @ 20 cents = $15.00:

ARTICLES	Weight	Per cent	Cost	Amount
Boiling meat	6	08.00 }		
Pot roast	9½	12.66 }	10.50	2.4497
Trimmings	2	02.67 }		
Sirloin	17	22.67 }	43.07	13.2105
Tenderloin	6	08.00 }		
Butt steak	12	16.00 }	15	3.3000
Small steak	4½	06.00 }		
Strip bones	6	08.00	2	.1600
Suet	7	09.33	8	.7464
Butt bones	5	06.67	2	.1334
	75	100.00		20.0000

Butt steak and small steak are the oblong and triangle or top and bottom parts of loin butt. I have rated them both as steak here, as most chefs use the whole piece as steak and do not generally adopt my method of marinading the top part for pot roast, etc.

• • •

Test on one full loin, eighty-four pounds @ 21 cents = $17.64:

ARTICLES	Weight	Per cent	Cost	Amount
Pot roast	11	13.11 }		
Boiling meat	8	09.52 }	10.50	2.8759
Flank trimmings	4	04.76 }		
Sirloin strip	18½	22.03 }	47.91	13.9766
Tenderloin	6	07.14 }		
Strip bones	6	07.14	2	.1428
Butt steak	13	15.47 }	15	3.1245
Small steak	4½	05.36 }		
Suet	8	09.52	8	.7616
Bones	5	05.95	2	.1190
	84	100.00		21.0000

• • •

Test case on a live animal; illustrating the way the packer fixes his value, quantities, and prices of a beef carcass.

Live carcass 1250 pounds; dress 60%; 756 pounds dressed carcass:

Carcass 756 — Pin bone 8½% — 2)64.26 for two — 32.13 av'ge each

Carcass 756 — Loin end 8½% — 2)64.26 for two — 32.13 av'ge each

Carcass 756 — Full loin 17% — 2)128.52 for two — 64.26 av'ge each

• • •

Test on rib, thirty-six pounds @ 15 cents = $5.40:

ARTICLES	Weight	Per cent	Cost	Amount
Short ribs	5	13.89	10	1.3890
Bones	7	19.44	2.50	.4860
Fat	1	02.78	8.50	.2363
Cap	1½	04.16	10	.4160
Beef roast	17	48.22	26.42	12.4727
Shrinkage	4½	12.51	.....	.....
	36	100.00		15.0000

• • •

Test on beef round, one hundred and ten pounds @ 12½ cents = $13.75:

ARTICLES	Weight	Per cent
Bottom round	31	28.18
Top round	25	22.73
Kernel	11	10.00
Shank	17	15.45
Fat	10	09.09
Bones	16	14.55
	110	100.00

Above is the test of beef round used for illustration. (See page 36.)

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ROAST BEEF.

In selecting rib roasts, as much importance should be given to the sex as with the loin; and even more, on account of shrinkage. A steak cooks in minutes, but a beef roast takes hours, and, consequently, suffers more from shrinkage. The heifer, or cow rib, will shrink nearly twice as much as the steer rib. The heifer rib is lacking in color, too, when compared with the steer roast. The standard of color with the average roast beef eater is a dark rich red, which can only be had with the steer rib. The cow roast has a light pinkish color; and no matter how well the rib has been roasted, it does not produce the red colored slice of roast beef that is necessary for the most satisfactory results.

The heifer rib is extremely hard for the roast cook to judge in cooking. It does not have the "feel" or "set" that cooks are guided by in roasting a rib. The result is that it is overdone, generally, and the roast slices up white and too well done. In some places, as female seminaries, department stores, and for the private home it is ideal and given preference for these reasons, but for the commercial hotels and restaurants the good old English roast beef kind is indispensable; and you can only get that by using steer ribs.

The rib, to be at its best, should be well aged; not less than two weeks, and four is better. It requires a good grade of beef and good refrigeration to age meats. A dry and even temperature is necessary—about 33 degrees. Few hotels are equipped for the proper aging of beef; but if you are getting your supply from some of the big packing houses, they will deliver it at any age required.

I have previously given directions to determine the sex and age of beef by reading the ribs, but there is another point to note in selecting the rib roast, and that is to see that it is well marbled. That shows up in the cut ends. Beef that has been well fed and is choice has a marbled look, the effect of intermingled fat and lean.

The No. 1 steer ribs are two grades, namely: No. 1 heavy, weighing from 42 to 55 pounds, and the No. 1 light, weighing from 34 to 41 pounds. The next would be a No. 2 and lighter grade.

If you are employed in a place that sells roast beef at, say, thirty-five cents or forty cents per portion, a good No. 2 would be the best to use. The average first class European plan hotel uses a No. 1 grade, and the No. 1 heavy is most in demand. For myself, I give preference to the lighter of the No. 1 grades mentioned, for I find that I can get about as many orders from the 42-pound rib as I can from the 55-pound rib, and there is likewise but little difference in the number of orders to be had in the 34 to 41-pound ribs. The slices wont be as large as those of the larger ribs, but they will be big enough. When you use the heaviest ribs, your portions are apt to be larger than necessary. Of course, in some establishments they insist on the biggest and finest cuts, and you have no choice; but from an economical standpoint the above considerations are well to make. On an average a forty-pound roast will produce thirty-five orders of roast beef of average size European plan cuts.

In length, ribs are of two standard cuts. One is the Western or seven-rib cut; the other the New York or eight-rib cut. The Western cut is made one rib from the loin and seven ribs from the chuck. Leaving one rib to the loin is convenient for handling and hanging; but it is really a "money" cut. The loin sells for about twice as much as the rib, and by leaving one rib to the loin, the money cut is made. The New York cut of eight ribs does not leave any rib to the loin when properly made; but it is not always properly made, as the money cut can be, and is at times made at the chuck end of the rib.

The beef carcass contains thirteen ribs to each side, and when properly divided, eight to the rib and five to the chuck; and, in the case of the Western cut, one to the loin, leaving only seven to the rib. The big packing houses observe these standards closely; but there are others that will make a money cut of one rib that properly belongs to the chuck. I know, for I have had them. This is a case where you get it from both ends and the middle.

The standard New York chuck cut has five ribs, and includes numbers 12, 13, 14 and 15 of the carcass (see diagram).

The standard cut in the width of ribs is ten inches, measured from inside of the chine bone. Here is where you will often find a money cut has been made, as it is common to find ribs cut more than ten inches wide. It seems to me that no two ribs were ever cut the same width.

To butcher a rib begin by sawing off the short-rib. That should be three inches wide, if from a ten-inch rib. The best way to measure the short-rib off is by sawing it off at a distance of seven inches from the inside of the chine bone. The hand measure is about right for that. The average human hand, closed and with thumb extended, measures about

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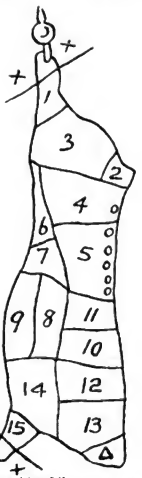
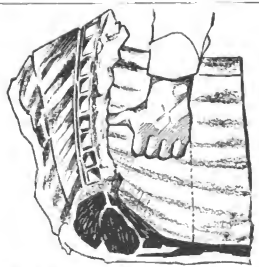


XX Knuckles Off.
OOOO Lombar and Kidney Fat Out.
∧ Four Vertebrae Off.

seven inches, with few exceptions. That will give you the correct width of rib for roasting, and leave you all the short-rib.



Illustrates usual method of measuring by extended thumb and closed fist the proper cut for short-ribs. (The distance between the short-rib and where the thumb touches the hollow should be seven inches, which is the measurement of the average hand, as shown in the illustration, and is the proper width for trimming ribs for roasting.)

After removing the short-rib, chop the chine bone away with a cleaver. Some prefer to saw it off. Great care should be taken not to cut the chine bone too deep into the rib. If you cut too deep, you cause easy escape of the roast's juices, and you have left it liable to part, or crack, where the back and rib bones join, and that is a severe injury to the roast. Let these bones remain well joined. In the process of several hours' cooking these bones become very loose, and are easily removed to facilitate the work of carving. Many cooks seem to think that it is necessary to break the connection and cut away all the bone down to the meat, and I have seen many a nice rib crack nearly in two from this cause.

In good grades of ribs you can safely leave the rib and chine bones intact as the bones will cook out so that you can remove them with no trouble.

Next, from the large end, you remove the cover or cap lying over the shoulder blade. Cut off a strip about four inches wide the full width of the rib and as deep as to the blade bone. This piece of cover you tie over the small end of the rib, over outside top, to prevent it from becoming too well done. There is so much difference between the two ends that the small end needs this protection.

Some leave the shoulder blade bone in for roasting; but when it is a heavy rib it is best removed.

The next process is to securely tie the rib with special heavy roast beef twine, when it will be ready for the oven.

SPENCER ROLLS AND REGULAR ROLLS.

These are boneless ribs, and they are generally made of the inferior grades of ribs. Still you can get them of all grades. I have seen even the very best ribs boned for rolls, as they are ordered at times by some chefs. The regular roll is the "heart" of the rib divested of cover as well as bones. The Spencer roll has only the bone removed, and the cap over the shoulder blade, as I specified in my directions for butchering a rib. The average cook knows very little of roast beef rolls, as they are only used in certain places, as cheap restaurants, noon day lunch clubs (where roast beef is nine cents), asylums, institutions, and the like. Women cooks are generally fond of them, as they need no butchering and are easy to carve and roast. The chefs confine their use of them to pot roast or roast braten, for which they are excellent. In a popular priced lunch room the Spencer roll is often used for hot roast beef sandwich au jus. In serving a big banquet at a small

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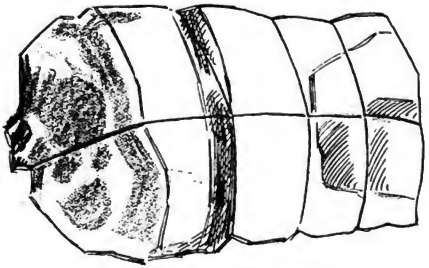
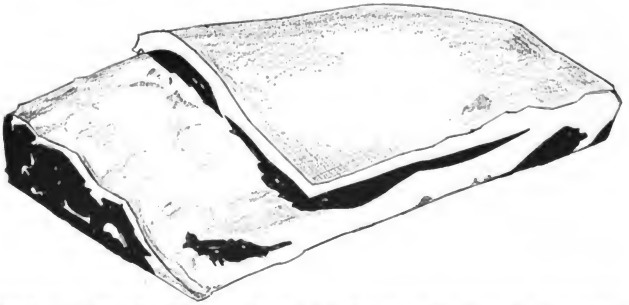


Rib of Beef prepared for roasting.

A Regular Roll, taken from beef rib.



Spencer Roll. (Boned rib of beef, favored especially in places where there are women cooks; also in low-price establishments.)

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price the Spencer roll can be used to good advantage.

The price of these rolls at this writing, is about fifteen cents per pound for the Spencer, and fourteen for the regular; that is for the standard grade; but you can order them of the different grades and prices of the beef rib.

THE SHORT-RIBS.

The short-rib generally stands high in the esteem of the chef. I recollect that at a culinary exhibition given in Chicago about twenty years ago, a dish of short ribs was awarded one of the first prizes. Many chefs neglect the short-rib and only use it for the help, or for corned beef; when, from a good grade of beef, they are a choice dish, and should not be slighted. When buying short-ribs by themselves, they cost only about ten cents a pound, and can be handled very profitably. Being a popular priced dish and generally well liked, they are good sellers. Many places have them on the bill of fare every day. A standard rib will produce five orders of short-ribs, and, at say, forty cents an order, produces two dollars—a big item toward making roast beef profitable—roast beef being one of the poorest revenue producers that the chef has to handle. In buying short-ribs, have them cut about five inches wide, if you use one section per portion, and about three inches, if you use two sections. The packers have no well established standard of short-rib cut, and unless you specify, you will get them from three to twelve inches wide, and it will be impossible for you to cut them to advantage.

Select the grade carefully, for they should be from steer or prime heifer beef. The packers "strip" all the "rattlers" so that stripped or pieced meat needs careful selecting. All kinds of food animals arrive at the stock yards. In looking over the cattle pens you will see beef animals so lean and thin that you can "count their ribs." Such cattle are stripped; that is, cut into sirloin strips, rolls, short-ribs, made into corned beef, etc., as they would not sell in regular market cuts. So look out for "rattlers" when buying short-ribs, as there are plenty of the right sort to be had.

In butchering the short-rib, first remove the fat from the top. They are very fat next to the bone, and unless the top fat is removed, they will not be at their best. Remove the first section of rib from the small end, as it has little or no meat. Some only use three or four sections, deeming the others unsuited to the best service. Trim the edges carefully when using aged meat. Then cut into sections of one rib each, and tie securely with roast beef twine, wrapping twice around, once endwise, and once around the body, when they will be ready for cooking.

They can be used in many ways. The most popular is with some sort of potato garnish. Suggestions for short-rib dishes:

Prime beef short-ribs with special baked potato.

Casserole of beef short-ribs; Congress style.

Braised beef short-ribs with potatoes au gratin.

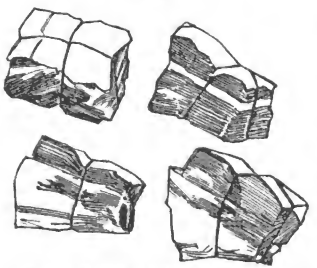
Old-fashioned baked short-ribs and browned potatoes.

Boiled beef short-ribs, sauce Creole and bouillon potatoes.

Short-ribs, Spanish style, with corn fritters.

Potted beef short-ribs with potatoes O'Brien.

Casserole of boiled beef short-ribs, with vegetables and bouillon.



Tied Short-Ribs for European plan service. (On the American plan it is usually the custom to leave the short-rib whole, to be sliced in smaller portions.)

BEEF SHANKS.

Not long ago you could buy beef shanks at twenty-five cents each, and very few were in demand at that. Now they sell from six to seven cents per pound. They come in two classes, the half shank and the full shank. The half shank is of one joint, and the full shank is of two joints. But it is the "half shank," or just "shank" when ordered, that the chef uses. The full shanks are ordered for special purposes only. There are two kinds, the fore shank and the hind shank. The fore half shanks weigh from ten to sixteen pounds each when of the best grade, and the hind half shanks weigh from eight to fourteen pounds each.

When the American plan hotel was general

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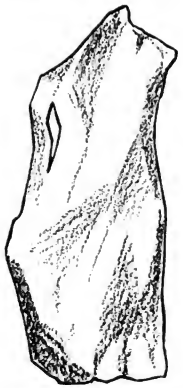
the chef cut up a lot of meat every day and never wanted for bones; but now, with the European plan so common, he is often shy of beef bones necessary for making good soup stock. So he has taken to ordering beef shanks for his stock and consomme, the meat of the shank being excellent for consomme, and the bones for the stock. This increased demand has helped to raise the prices on shanks.

Carcass diagrams Nos. 1 and 15 show the "half shank" or "shank" cuts. Of the two classes the regular half hind shank is best for the chef.

The chef depends on what shanks he gets for his supply of marrow, generally, and for this the hind shank is much the best. It is from these that the packing-house supply of marrow sticks is derived.

There is a certain per cent of diseased marrow. It is easily detected, either by an offensive smell or by its color. When black color marks appear, it is best to condemn it as bad. When healthy it has a reddish color.

For the soups known as Pot-au-feau and Petites Marmites, slices of marrow bone are necessary. Saw thru the bone in lengths of about one inch each; two or three pieces per portion. The hind shank is the best for this use.



Half hind shank of beef (as commonly used by chefs).

BOILED BEEF.

In the carcass diagram No. 7, the flank; No. 9, the navel end, and No. 14, the brisket, are the choice cuts of boiling beef. Of these the brisket is easily the best, and in good places practically little other is used for boiling.

To be a success, boiled beef should be of a choice fat grade. In my opinion about the worst dish that can be served, is a lean, dry dish of boiled beef. When properly served, boiled beef stands in the front line of best dishes.

"Boiled beef and horseradish sauce" is a classic. Others like

Boiled beef with stuffed cabbage and mustard sauce.

English boiled beef and vegetable combination.

Boiled beef with Spanish sauce and bouillon potatoes.

All these are generally liked and good sellers.

The Kaiserhof Hotel, of Chicago, features a boiled beef dish of a most original and excellent kind, and serves it every day. It is listed "Rinderbrust, horseradish sauce, navy bean salad." It is served in an oblong shallow casserole, and the beef, instead of being sliced in the ordinary way, is carved in one thick slice to the portion, which adds to its character. It is garnished with scooped, or Parisienne cut turnips, carrots and potatoes, small whole onions and green peas. The beef and its garnish are then entirely immersed in the broth of the boiled beef, which has been reduced and strengthened. The bouillon

Beef Shank, from forequarter

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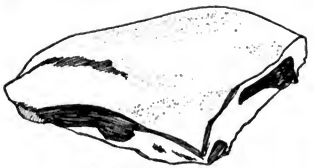

Boned Beef Brisket.

should be rich and clear. A side dish of horseradish sauce and one of navy bean salad is served with it. The diner first helps himself to the bouillon taken from the casserole, a soup plate and ladle having been provided. After eating the soup he proceeeds with the boiled beef and its garnish. It is an ideal dish for the European hotel.

The best briskets are in three grades, Nos. 1, 2 and 3. With bone in, they sell at about twelve cents for No. 1; ten cents, No. 2 and nine cents, No. 3. With bone out sixteen cents, No. 1; fourteen cents, No. 2, and thirteen cents, No. 3. (Quotations taken from the market prices at this writing.)

BEEF TONGUES.

Beef tongues, as they are cut for market with the gullet on, will average five pounds each, and sell for from sixteen to eighteen cents per pound, approximately. The pickled and the fresh tongues sell at the same price.

As a boiled dish or entrée, fresh and pickled tongues are poor sellers. Their best use is for cold dishes and sandwiches. In slicing a tongue begin at the large end, and cut across the tongue, NOT at the back, and lengthwise of the tongue, as is often done.

Smoked tongue is in good demand when served boiled, especially when served with spinach. Smoked tongues sell at about twenty to twenty-two cents per pound, and weigh three and a half pounds on an average. They shrink almost twenty-five per cent in the process of curing, which makes a very expensive and valuable article.

Veal tongues, pigs' tongues and lambs' tongues can always be had, but the average chef confines their use to pickling. Occasionally, tho, you will find a chef that makes up some nice entreés of fresh veal and lambs' tongues, such as

Whole veal tongue, polonaise, with corn fritters.

Braised veal tongues with spaghetti Italienne.

Lambs' tongues, sauce Pascaline, in border.

Pigs' tongues may be assorted in size, and when large enuf, pickled with the veal tongues, and when small mixed with the lambs' tongues, or used in sausage making.

DRIED BEEF.

Wherever you go, you will find dried or smoked beef, altho there is very little demand for it (it is more of a family dish as it is so easy to prepare that the housekeeper takes rather kindly to it). Some chefs feature it as a boiled dish served with kale or turnip greens; but as a rule it is used as chipped in cream or with scrambled eggs as a light breakfast dish. In hot weather it sells pretty good as a cold luncheon meat.

It is made from the round of beef cured in a sweet pickle like corned beef, except that the pickle contains more salt and sugar than for corned beef. When pickled enuf it is then smoked two and a half to five days. It comes in pieces called knuckles, weighing from ten to twenty pounds. They are classed as inside and outside knuckles. The inside is the choicest and sells at about thirty-six cents per pound; the outside knuckle about thirty-five cents a pound.

BEEF HEARTS.

The chef only orders beef hearts when it is in disguise. No doubt many have wondered what becomes of all the beef hearts, as they are quite an item. They are disposed of mostly in the manufacture of Bologna and Frankfurter sausage, and also used in making head cheese. The veal, sheep and pigs' hearts are disposed of in the same way.

Once in a great while you will see a chef make an entrée of stuffed veal heart, or stuffed beef heart, but as a rule, the chef completely neglects the heart as a food.

BEEF LIPS.

Beef lips are what the name implies, and are scarcely known, except to the Germans, with whom they are in favor. It is first cured with a corned beef pickle, known as sweet; then cooked; then it is put in vinegar or a sour pickle. The Germans make a highly seasoned and spiced dish of it. Mr. Michael Altman, president of the John G. Neumeister Co. of Chicago, who was the first to market beef lips in America, says they are customarily put on bills of fare with their German name, Deutscher Ochsen Maul Salat. He says that both lips and gristle are relished; also that they are put up in English fashion by using Coleman's mustard.

OX-TAILS

The ox-tails come in three grades, the large

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at about ten cents per pound; the medium at eight cents, and the small at six cents. The large are named "Exports," and are the steer tails, while the medium are named "Regulars," and are apt to be cow tails. The chef nearly always orders them by the piece, as he can best judge the quantity that way. An Export, or large tail, will average twenty-four pounds a dozen. Regular, or medium tails, will average eighteen pounds a dozen; and the small, twelve pounds a dozen.

There is an average of seventeen sections to the tail, but only eight of them are suitable for an entree; the remainder or small end is used for ox-tail soup. Three natural sections, or joints, make an average order, so one tail on that basis makes two and two-thirds orders. Ox-tails require careful washing, as they are generally covered with hair. In cutting the ox-tails it is best not to chop them with the cleaver, but to cut them at the joints with a knife. You will find that it is easily done, and it does not shatter and sliver the bone as when chopped with a cleaver; also, it leaves the natural sections of meat in a much better condition for cooking and eating.

CORNED BEEF

There are three grades of corned beef. They are brisket, rump, and plates. The brisket is much the best, and is the grade used in all good hotels. It sells for sixteen to eighteen cents per pound, which is about twice as much as the plates sell for, and one-third more than the rump in price.

The leading packing houses devote a lot of attention and care to corned beef, and they have the prices so carefully adjusted between the cured and uncured corned beef cuts that, except in very particular places, it is scarcely worth while for the chef to make his own corned beef. In times past, if you wanted the best corned beef, you had to make it yourself. Some chefs still make their own, especially in places where they have a lot of loin flanks to dispose of. Others feature a high grade of "home cured" corned beef and make it themselves to insure its being of the choicest beef briskets. Another advantage of your own make is that you can get a better cure.

Corned beef, to be at its best, should be used when it has become properly cured. Leaving in the pickle too long injures it more or less; and you never can tell, when you buy ready cured corned beef, how long it has been in pickle. Of late years the big packers make what is called a mild cured corned beef that can withstand pickling several weeks without serious injury.

When asked to select a list of the most popular dishes, but few chefs would leave out "Corned beef and cabbage," "Corned beef hash," and "New England boiled dinner"; and wherever you go, you will find places that feature one or all of the above.

* * *

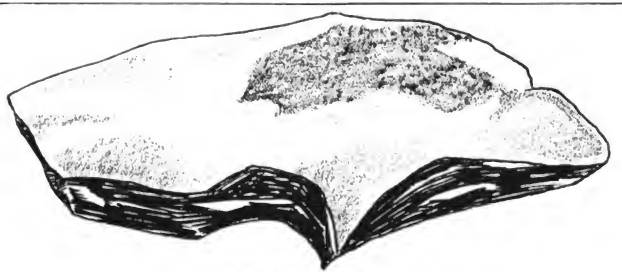
Formula for two weeks' pickle:

1 gal. water
3 lb. salt
½ oz. saltpeter
½ oz. sugar

Formula for four weeks' pickle:

1 gal. water
2½ lbs. salt
¼ oz. saltpeter
¼ oz. sugar

Temperature has some effect on the time of cure; the warmer it is kept the quicker it will cure; but it should be kept in a cold place. The pickle is better after it has been used once. What is called the second pickling is much the



Clod of Beef from Shoulder.

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A—Kernel of Beef Round. B—Top piece of Beef Round.
C—Bottom piece of Beef Round.

best, so retain your pickle as long as you can. It will keep longest when granulated sugar is used. The dark brown sugar is often used and preferred, but it will "rope" or spoil the pickle sooner.

Some chefs add vegetables to the pickle—onions, celery, and carrots—and some use spices, as bay leaves, mustard seed, and allspice. Then there is what is called the garlic cure, with cloves of garlic peeled, and tied in cheesecloth, which is added to the pickle. The garlic cure for tongues is fine.

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When making your own corned beef it is best to have two pickling barrels. Cut the boned briskets into two or three pieces according to size. Jab into the meat a few times with the point of a boning knife before placing in the pickle.

SHOULDER CLOD

The shoulder clod is like the chuck roll, one of the choicest parts of the chuck; all meat with no waste. They weigh from five to twelve pounds, and sell from nine to thirteen cents per pound. When cut from a steer or heifer they are fine, and often used as roast and rostbraten. In cheap restaurants where a thirty-five or fifty-cent table d'hote is served they are generally used for roast beef, and also for a cheap steak. They come from the wider and larger division of the shoulder blade; the smaller division being the chuck roll or tenderloin before described.

HAMS OF BEEF

Beef hams are derived from the beef round, and are the cuts of which dried beef is made; but in their natural state are good for pot roasts and round steaks, when from a good grade of cattle, and are very desirable for places that have low prices.

* * *

One hundred pounds of loins, boned out, will produce about the following (as computed by Armour & Co.):

Sirloin butts....	24%	Tallow	13%
Sirloin strips....	20%	Trimmings	10%
Tenderloins	12%		——
Bones	21%		100%

One hundred pounds of chucks, boned out, will produce about the following (Armour & Co.):

Clods	16%	Bones	22%
Boneless chucks.	62%		100%

One hundred pounds of ribs, boned out, will produce about the following (Armour & Co.):

Rolls	47%	Bones	28%
Trimmings	25%		100%

One hundred pounds of rounds, boned out, will produce about the following (Armour & Co.):

Rump butts.....	11%	Tallow	5%
Steaks	58%	Bones	16%
Stewing meats..	4%		——
Shank meat....	6%		100%

KENTUCKY BURGOO AND BARBECUE

I once had the opportunity of attending an old fashioned barbecue, and availed myself of it to see what I could see and learn. This particular barbecue was prepared by the famous burgoo cook, Mr. Davis, of Lexington, Ky., so I feel safe in placing on record what I learned. I was told that he was paid his traveling expenses and $100 a day. He was on the job three days. I understood pretty well what a barbecued carcass of meat was, but had only heard of the famous Kentucky burgoos as made by Mr. Davis, so I was there, all eyes and attention.

For barbecuing the meat, they dug trenches, about eight feet long, three feet deep, and four feet wide, having about ten of these trenches. Each trench was equipped with iron spits and supports for holding the meats above the coals, about two and a half feet. In each trench a fire of hard cordwood was built, and fuel supplied until the trenches became quite well filled with living coals. Then the meats were put in place over them, assistants to Mr. Davis turning and basting the meats as needed.

There were different kinds of meat. One would have a whole pig, another a whole sheep, a calf to the third; some had a string of whole turkeys, and several had whole full beef loins, and, I must say, it smelled mighty good around there.

For making the burgoo they had great big black iron kettles holding about thirty gallons each. These were hung on trestles, and cordwood fires built under them. There were about eight of these kettles. Each was supplied with beef shanks, cut in pieces, some ham and whole chickens, and covered with water. This was started the day before the feast was to be served, cooking the burgoo occupying the better part of two days. On the next day they added the vegetables—whole cans of tomatoes, pecks of peeled potatoes and onions, green peppers by the basket, and corn by the case. Salt and pepper were also applied.

Each kettle was equipped with a big wooden paddle, and Mr. Davis and assistants made regular rounds, fixing fires, stirring the mixture, a little more salt here, another peck of potatoes there, another can of tomatoes, a pail of water for another, and so on.

When the cooking was finished, each kettle was as full as it conveniently could hold of a thick, odorous, appetizing soup, all the meat having been stirred and cooked into small particles, the vegetables as well, with nothing solid except the bare whitened bones.

Of course such a dish is not practicable for a hotel, but from what I learned, I improvised a Kentucky burgoo soup by cutting into dice some raw beef, chicken, and ham, with the same vegetables, so that on my bill of fare there is occasionally listed "Special: Kentucky Burgoo Soup."

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PORK

Next in importance to beef as a food animal comes the hog. His parts and uses are even more varied. There are the barrow, the sow, and the stag hogs.

The barrow compares with the steer in beef animals and grades as the best of the hog family for food; with the sow next. From 160 to 200 pounds is rated the best weight hog producing the most desirable sized hams, bacon, and regular pork loins, and, under even conditions, better fat proportions.

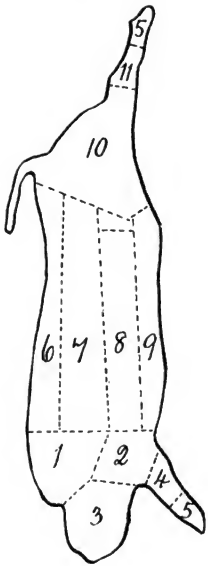
Of the fresh cuts, the loin, tenderloin, and spareribs receive the most consideration from the chef. It would be to his advantage to give some of the other cuts more of his attention, as they can be used with advantage and profit.

Boston pork butt.

BOSTON PORK BUTTS

The pork butts are of two classes, the Boston butts and the lean butts. The Boston butts are drawn under the blade bone with the blade left in. The lean butts are drawn over the blade bone, and are boneless. They are really an extension of the pork loin, and can be used in place of the loin at times. It is nice roasted with sage dressing, or for

German boiled dinner,
Breaded fresh pork cutlets,
Scallops of fresh pork, Creole,



1. Lean and Boston butts (see description).
2. Picnic ham (see description).
3. Jowl.
4. Hock.
5. Feet.
6. Fat back. (Heavy layer of fat used for larding pork; taken from the section laying over the standard pork loin. This fat back makes the highest grade of mess pork.)
7. Loin. (Extending from shoulder cut to ham line.)
8. Supreme bacon (first quality).
9. Belly or "seconds" in bacon (8 and 9 is the whole bacon untrimmed).
10. Ham.
11. Shanks.

* * *

Test on hog, weight 165 pounds:

ARTICLES	Weight	Per cent
Fat backs	22.00	13.33
Bellies	28.60	17.33
Hams	28.60	17.33
Loose lard	30.80	18.67
Shoulder hams	13.20	08.00
Pork loins	19.80	12.00
Boston butts	6.60	04.00
Leaf lard	6.60	04.00
Feet	1.10	00.67
Spare ribs	3.30	02.00
Trimmings	4.40	02.67
	165.00	100.00

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Lean pork butt.

Home made sausage,
and also for the help as chops and roast. It sells for four or five cents less than the loin proper.

PORK SHOULDERS

Pork shoulders can be bought for a comparatively small price, and are profitable to the chef. They are just the thing for country sausage, having about the right proportion of fat and lean for sausage. It has about twenty-five per cent bone.

Home made sausages are good sellers, especially when served in a combination for lunch as

Old-fashioned country sausage and griddle cakes,

Home made sausage cakes and mashed potatoes,

Combination country sausage and buckwheat cakes.

The choice brands of market sausage sell from twenty-two to thirty cents a pound. Your own make will sell and please quite as well, and can be made for twelve or fifteen cents a pound.

To make country sausage: Run the pork thru a meat chopper, using the finest knife. The proportion should be about two parts lean to one part fat. It is best to use whole black pepper and grind it, as it has much the best flavor and strength. The sage in the natural leaf is best. Rub it thru a coarse sieve. Season the chopped meat with the above and salt, adding ice cold water. With a little practice you can make a fine sausage, and you will KNOW that it is pork sausage.

Nice entrees can be made of the shoulder. First bone and tie them securely. In that condition they are good for

Braised pork shoulder with candied sweet potato

Baked shoulder of fresh pork with puree of lentils

Roulade of fresh pork, Bohemian style

Or any other manner you may select.

The shoulder is one of the most desirable cuts for the help's hall.

• • •

Test on illustrated pork shoulder, 10½ pounds @ 10 cents = $1.01.

ARTICLES	Weight Lbs.	Ozs.	Per cent
Shoulder roll	7	9	74.69
Shank	1	7	14.20
Bone		10	06.17
Fat		8	04.94
	10	2	100.00

The pork shoulder shows up well in the test, being three-quarters ment.

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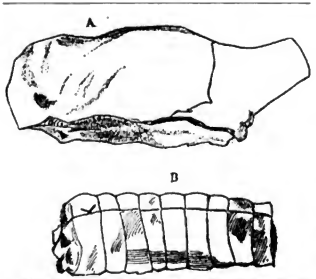

A—Fresh pork shoulder; B—Fresh pork shoulder boned and tied for roasting.

PIG SHANKS OR KNUCKLES

The hock is the second joint of the foreleg (No. 4 in diagram) lying between the shoulder and the knee joint. The hind quarter (No.11) supplies the shanks, but they mostly go into hams, when they are known as hocks. The hock is a favorite with many people, and as a lunch dish with sauerkraut is greatly relished. They sell for about ten cents per pound. The

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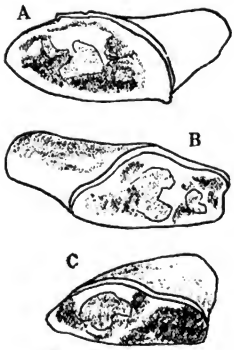
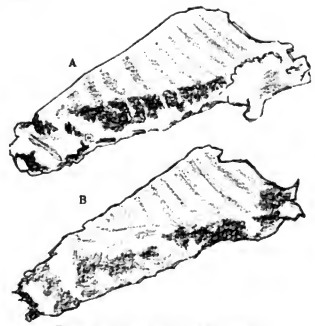


A—B—C—Fresh pork shanks.

white ones are the most desirable. Aim to have them one-to-the-order size. Clean carefully, and boil till very well done.

SPARERIBS

Spareribs are one of the most popular of pork dishes. They are marketed in full sheets weighing about four pounds, and in half sheets about one and a half pounds each. Like the shanks, they should be very well done when boiled. They are nice broiled or baked with a sweet or Irish potato garnish; but boiled and served with sauerkraut is the great spareril dish.



Fresh pork spareribs, half sheets.

A boneless and stuffed spareril roll is a choice dish, but should be a specially cut spareril for boning.

In ordering spareribs estimate one pound to the order, and in butchering cut into two pieces per portion.

PORK LOINS

Pork loins are generally graded as "light" and "heavy." The light weigh from six to nine pounds, and are generally considered the best and most profitable to use. They are apt to be of a better quality of pork, too. The nine-pound loin will produce about as many chops as the fourteen-pound loin, only they will be somewhat smaller.

The heavy loins weigh from ten to fourteen pounds, and generally sell for about one cent less per pound than the light loins. The heavier the hog, the fatter it will be, as a rule. The heavy hog carcass will often run as high as fifty-five per cent fat. In the light hog carcass it will run as low as twenty per cent fat.

Another kind of loins are those known as the rib back or boned loined. They have the tenderloin removed, and the backbone trimmed off. Usually these are of the heavy grade of loins; and about all the smoked pork loins are made of these.

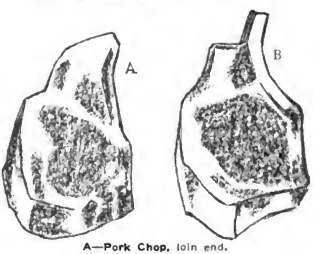
Smoked pork loins are in good demand, especially for a German special, where it is listed on the bill of fare as

Kassler Rippchen with red cabbage (or spinach, or sauerkraut).

There is also an imported German Kassler Rippchen. The German brand consists of the whole side of a medium-sized hog with the head and hams removed, all the bone in.

The boned loin sells for about one cent less per pound than the regular pork loin.

To butcher pork chops: First remove the



A—Pork Chop, loin end.
B—Pork Chop, rib end.

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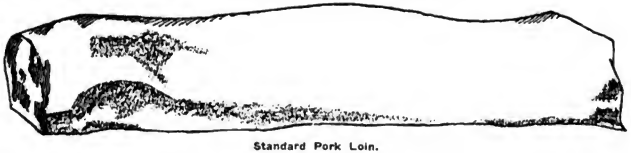


Standard Pork Loin.

tenderloin and set it aside. Next cut apart the ribs and the loin where they join. Trim the back and chine bones from the rib part and cut into chops, allowing one rib to the chop. The loin part is best with only the chine bone removed.

The regulation order of pork chops consists of one rib chop and one loin chop.

For Roast Pork the loin should be trimmed the same way, leaving the two parts whole.

Small pork loins weighing about three or four pounds are nice for a change. Serve three of these chops to an order and list as

Little pig chops with mashed potatoes and own gravy.

Little pig chops with fried apples and sweet potatoes.

Little pig chops, country style, with corn fritters.

Such dishes will give you a good change from the regular pork chop entree.

FRESH HAMS

Fresh hams may be had for about two cents less a pound than the cured hams. They have a small per cent of trimmings and can be used to advantage by the chef. As a roast they give a change from the regular roast loin of pork; and as an entree they are nice, especially in warm weather. While you might hesitate about listing roast pork on the bill, you would readily put on fresh ham out of the regular established season. For roasting or braising, a ten to twelve pound ham is best.

To prepare: Remove the skin and bones. In boning, operate from the lean inside of the ham, only cutting into the meat enough to remove the ham bones. When boned, tie securely with heavy twine.

Some fresh ham dishes:

Braised fresh ham with red wine slaw

Roast fresh ham with prune compote

Boiled fresh ham with sauerkraut

Braised fresh ham, Dixie style

Fresh ham steak, country gravy and mashed sweet potatoes

Saged leg of fresh pork with browned sweet potatoes.

I suggest the above only, but many other dishes may be made as the chef sees fit.

• • •

Test on illustrated fresh ham, ten and a quarter pounds @ 14 cents = $1.43.

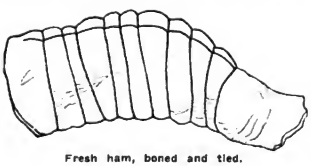
ARTICLES	Weight Lbs.	Oz.	Per cent
Ham roast	6	12	65.87
Hock	2		19.51
Bone		14	08.53
Fat		10	06.09
	10¼		100.00

The advantage of a fresh ham may be seen from this test: 66% of clear meat with a useful hock and fat.

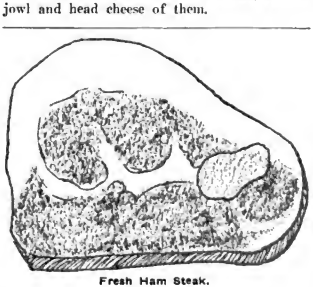
• • •

CHEEK MEAT

Fresh cheek meat is rarely ordered by the chef. The meat packers make sausage, smoked jowl and head cheese of them.



Fresh ham, boned and tied.



Fresh Ham Steak.

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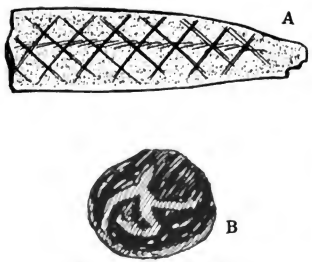


A—Pork Tenderloin, standard cut.
B—Pork Tenderloin, French cut.

In the South you will find what is called "Southern boiled dinner," composed of pigs' head, tails, ears, snouts and backbones, with a combination of vegetables. Outside of the South it is rarely ever found.

PORK TENDERLOINS

The pork tenderloin has always been a great favorite. Of late their high price (about thirty-five cents a pound) has made them pretty much of a luxury. The general market supply is of an inferior quality and unsuitable size. That is owing to the fact that practically only the smallest and the biggest hogs are furnishing the supply. The medium-sized and choice hogs are used for the standard grades of pork loins, hence they are not stripped of their tenderloins. So it is that the tenderloins that you have opportunity to buy are either too small or too large, and seldom of a prime quality. They are too lean, and generally have been frozen. If you are in a place that uses a lot of pork loins you have opportunity to save up for an occasional entree of first-class pork tenderloins; and, occasionally, you will find a dealer that will take an advance order and save you a lot of the best ones. The big packing houses generally have the best of meat cuts, but here is one instance where they usually fall down.

In butchering pork tenderloins most chefs prefer them split lengthwise with the grain, not quite cutting thru; then spread, beat with the cleaver, and score. Cut in this manner, the diner readily sees that he has a genuine pork tenderloin.

The large tenderloins are best cut across the fillet, as you cut a beef tenderloin, and flattened, two fillets per portion. That is the most economical cut, and the meat is better served that way.

You may list these as Mignons, Noisettes, or Tournedoes of pork tenderloin to placate the diner, and it also gives you that much change.

"Pork tenderloin and sweet potatoes, Imperial": (For Imperial garnish, cut slices of boiled sweet potatoes and large apples of the same size. Cook them in sirup. Lay on platter alongside of the pork tenderloin, alternating one slice of sweet potato and one slice of apple, three slices of each. Pour over a fruit sauce of sirup and diced fruit with sultana raisins.)

"Sweet potatoes, Imperial" may be served by themselves in this way and listed as a vegetable.

It is also a nice way to serve "Little pig chops."

SALT PORK

The salt pork is generally made of the fat back (No. 6 in diagram), and bellies (No. 9 in diagram); but there are many different cuts of salt pork. Some of them contain the loin and shoulders.

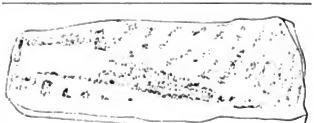
The standard cuts of salt pork are: Clear Plate and Regular Plate. They are either dry-salt or sweet pickle cured.

Larding pork is made of the fat backs.

The standard brands of bacon are made of the hogs' bellies (No. 8 in diagram), but there are a variety of cuts. All of the big packing houses put up a leading brand of fancy bacon, as the "Supreme," "Star," "Premium" and "Majestic" brands. These brands are made of selected size, and choice barrow hogs are used. They are dry cured, and for that reason will hold color and shape better when broiled. Hog bellies for such fancy brands of bacon require about 35 per cent trimming. The brisket is cut off back of the shoulder crease; back strapped, belly strapped and flank squared. It sells from twenty to thirty cents per pound. There are other grades not so choice or highly trimmed that sell for less. Each packing house has its own particular brands and cuts of these.

In cutting the bacon, first flatten the strip by beating it well with the cleaver. Trim it of smoke colorings, and slice.

To cut away the rind: Turn it with the skin side up. The skin is much easier removed in



Side of salt pork.

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this manner, and it will be more neatly and closely cut. When cut with the skin under you are apt to leave a lot of the bacon attached to the rind. Six slices is the standard size order.

There are many special and imported brands of bacon on the market, and as first-class European plan hotels generally handle more or less of these, I will call attention to a few such brands. One of the most famous of the imported brands of bacon is the Irish bacon; Mattison's "Shamrock" brand can always be had. Michael Altman, of John G. Neumeister Co., Chicago, has, at this writing, the American agency. This bacon is made of small hogs, and the pieces consist of the whole side of the hog, having the hams and head cut off; but you can buy it in small pieces by ordering the amount you want cut from the original piece. It has all the bone left in, and to slice it the saw must be used. It makes a fine novelty dish and is a good seller.

Suggestions for Irish bacon dishes:

Royal baked potato and grilled Irish bacon
Boiled Shamrock bacon with spinach greens
Country scrambled eggs and rasher of Irish bacon

This bacon sells for about forty cents per pound, but for à la carte service that doesn't matter so much. In the American plan hotel of a few years back the chef had to keep within the rate of the hotel where employed. If he was chef of a five-dollar-a-day hotel he could have turkey every day, but if it was a two-dollar-a-day hotel turkey was seldom served. Under present conditions he is free to use anything that will sell, so it is advisable that he take advantage of his opportunity and use the rarer and more expensive meats occasionally for the sake of "class."

Wiltshire imported English bacon is much like the Shamrock Irish bacon, but is usually made from a larger hog and weighs about eighty pounds to the side piece; price about thirty-eight cents.

A favorite imported bacon is the Westphalia. It comes in large heavy strips weighing twelve to fifteen pounds and sells at about thirty-six cents a pound. "Imported Hungarian Paprika Spec" is made of fat backs, the part commonly used for larding pork. It is cut into narrow strips of three to four pounds each, and is coated with paprika pepper. (Not much relished except by foreigners.)

Canada is famed for its pea-fed hog bacon, and Davies' products are well established in the States. This class of Canadian bacon sells for from thirty-five to fifty cents per pound.

* * *

Bacon test. Bacon, 5 pound strip:

106 slices	4 lbs. 6 ozs.	87.50%
Rind	10 ozs.	12.50%
	5 lbs.	100.00

Bacon, 6¼ pound strip:

130 slices	5¼ lbs.	84.00%
Rind	1 lb.	16.00%
	6¼ lbs.	100.00

Bacon, 6½ pound strip:

121 slices	5½ lbs.	84.61%
Rind	1 lb.	15.39%
	6½ lbs.	100.00

To calculate per cent: Reduce to ounces when fractions of a pound, as, 14 pounds equals 224 ounces.

Three and one-half pounds equal 56 ounces. Fifty-six ounces divided into 224 ounces is 25 per cent.

Two and three-quarter pounds equal 44 ounces, which, divided into 224 ounces, is 19.64 per cent, etc.

In examples of pounds divide by pounds.

Bacon strip, standard, made from barrow hog.

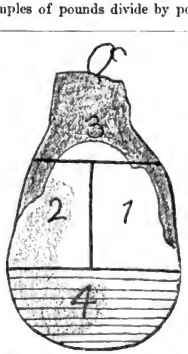

Diagram for cutting ham. 1—horseshoe; 2—back roll; 3—hock; 4—end slices.

The above ham used for illustration and test produced twenty-six slices of horseshoe ham and

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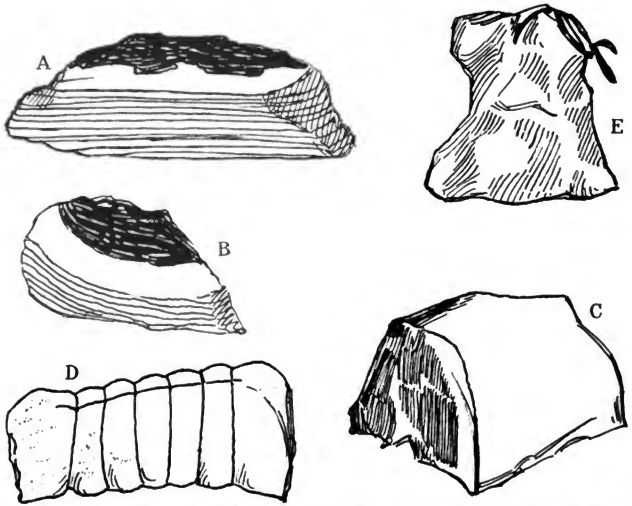

A—First end slices of ham; B—Horseshoe end slices of ham; C—Horseshoe cut of ham; D—Ham back, boned, rolled and tied; E—Ham hock.

eighteen small end slices, leaving the back for slicing or boiling, and the hock.

The best hams, like the bacon, are made from barrow hogs and weigh from fourteen to eighteen pounds. The choice is about fifteen pounds. The variations in weight will be more in the size than the number of portions. To handle a ham economically and well should be the aim of the chef.

In the diagram I have divided the ham into four parts, first having trimmed the ham. You slice part No. 4 until you have reached the bone. Cut apart the slices, then cut out the horseshoe or No. 1 part, following the lines of the diagram. The top line cut should be square across and directly opposite the joint. That marks the extent of the hock, No. 3. The idea is to leave you a full sized and meaty hock. Any extension of the horseshoe cut beyond that line only adds a small and gristly slice of ham and has injured the hock and robbed it of its value as a special dish, and has not added any to the value of the horseshoe cut. The hock, when properly cut, will supply two portions at least.

"Sugar cured ham hocks and new spinach" is always a big hit on the bill, and at forty cents or thereabouts an order, you have put eighty cents in the till.

No. 2 is the back part and contains the bone. Cut apart the hock as indicated by the diagram. The back part can be used in various ways. It can be, and often is, used in connection with the hock, a part of each to each portion. As a special ham dish it is nice. Relieve it of the bone and tie securely, when it can be used as Cold ham and Ham sandwiches, or Braised and Boiled ham roll, with a suitable garnish. It can also be sliced for some special dishes, as "Raymond," "Benedictine" and the different combinations where the horseshoe is not specially needed. For the officers and the help that and No. 4 is the ham to use.

You can also make a ham hash that generally sells well. Make it as you would a corned beef hash. Have the meat diced fine.

Ham hash suggestions:

Sugar cured ham hash with fried egg.
Majestic ham hash with poached egg.

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Test on illustrated ham. Ham, fourteen pounds @ 16 cents = $2.24:

ARTICLES	Weight	Per cent
Horseshoe	3½	25.00
Back roll	2¾	19.64
End slices	2¾	19.64
Hock	2½	17.96
Fat	1½	10.72
Bone	1	07.14
	14	100.00

• • •

Ham test. 14¼ pound ham:

ARTICLES	Weight	Per cent
32 slices, ends	3¾	26.32
28 slices, horse shoe	4¼	29.82
Hock	2	14.04
Trimmings, bones, and fat	4¼	29.82
	14¼	100.00

• • •

SKINNED HAMS

All the packing houses have a skinned brand of hams, but they are generally of the heavy grade; so I infer the skinned hams are to reduce them to a more marketable weight, and for the lard. Still there are some who prefer them.

SHOULDER HAMS

The Picnic or California ham is made of the shoulder of pork and sells for about five cents less than the others. The packers put up a brand of boned picnic hams; also, in some places, picnic hams are bought for the help's hall; for in these days of more perfect meat cuts and European plan service, the chef is often compelled to order special supplies of meat for the help.

PROSCIUTTI HAMS

Prosciutti or Italian cured hams are similar to the imported Westphalian ham. About all the leading packers make this brand. It is dry salt, pressed flat, and unsmoked; should be well aged and dry to be at its best. It is sliced lengthwise of the ham, cut very thin, and eaten raw like the Westphalian ham. It is in order for the chef to list it as Westphalian.

IRISH HAMS

The Mattison Co., of Ireland, put up a Shamrock brand of hams. They have a character and flavor all their own, and offer the chef an added dish for his list. They sell for about forty cents per pound.

HAM STEAK

"Ham steak" makes a nice entree. They are cut in rather thick slices. Some use about a ten or twelve-pound ham and cut across the whole ham. Others only use the horseshoe part, cutting a thick slice therefrom.

Ham steak suggestions:

Ham steak and German fried sweet potatoes.

Ham steak with spinach patty and mashed potatoes.

Combination ham steak, Othello.

Grilled ham steak, sweet potato chips.

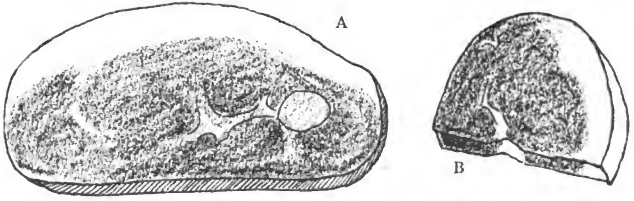
IMPORTED WESTPHALIA HAMS

The Westphalia is one of the most characteristic and famous of hams. It is generally served raw, cut in very thin slices. There are three classes of Westphalia hams, the kugel cut, the boneless, and rolled, and the regulation ham. The boned sells for five cents a pound more than the regular ham, and the kugel about one cent more. The normal price of these hams is about forty cents per pound. They come from Westphalia, a province of Prussia.

Milwaukee, famous for so many good things to eat and drink, is also famed for a brand of Westphalian hams put up by L. Frank Co., and which is said to rank equal to the imported.

VIRGINIA OR PEANUT HAM

The Smithfield Virginia ham, sometimes called Peanut ham, is one of the most famous of American food dishes. They are made from the razorback breed of hogs. These hogs are



A—Ham Steak, full section cut.

B—Ham Steak, horse shoe section cut.

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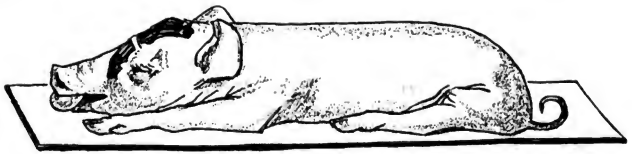

Milk pig.

not strictly fed on peanuts, as is generally supposed. They are pastured in the peanut fields after the crop has been harvested. There they dig up the roots of the plants and the small nuts left by the harvesters and fatten on them. The hams weigh from six to fourteen pounds. A twelve-pound ham is the most profitable size for the hotel or restaurant.

In curing these hams they are first rubbed with saltpeter and salt; then they are packed in salt, the large ones for about forty days and the small ones about thirty-five days. Then they are washed; then smoked to a nice color over a slow hickory wood fire for about six hours a day for about a week. After this they are rubbed with black molasses and black pepper and left to hang for about a year, the whole process requiring over a year; and they improve with age up to three years, which is considered a prime age. Should they become infected with skippers, they are buried in the ground to kill the skippers. It is a mistaken impression that burying the ham in the ground is a regular part of the curing process, as they are only buried for the above reason. So many believe that Virginia hams are buried regularly on account of their dirty appearance. That comes from the molasses and black pepper, and in handling they come in contact with the soil at times, which sticks to them.

They should be soaked in cold water for at least a day; and in boiling, estimate a half hour to each pound of ham; then remove from the fire and let cool in the water boiled in. To steam is to spoil them.

For the garde manger they are best boned, after having been boiled, rolled in a towel and pressed. When slicing the raw ham for broiling or frying do not "block," as with the ordinary sugar cured ham, but cut thru the whole ham, sawing the bones. They rank as a best seller when listed on the bill of fare.

Virginia ham suggestions:

Boiled Virginia ham with leaf spinach.

Braised peanut ham with candied sweet potatoes.

Virginia ham glacé, Washington style.

Virginia ham and eggs, country style.

Combination boneless Virgina ham and sliced turkey.

With the trimmings (suggestions):

Omelette with minced Virginia ham

Flaked Virginia ham and scrambled eggs, or, as the chef sees fit.

There are various brands of Virginia ham on the market. The Todd, Tip-Top, Jordans, Smithfield, and Rocky Farm are some of the leading brands. Some of the Chicago packers put up brands of Virginia cured hams.

PRAGER HAMS

The Prager is a high-class imported German ham and particularly adaptable for the garde manger. They are canned hams, each can containing one whole ham and weighing from ten to twelve pounds. They are so renowned and novel that the chef regards them highly. Having been cooked in the sealed can and become surrounded in gelee, they have an individuality all their own that charms the jaded summer appetite. They undergo a four months' dry salt cure, and are a good keeper. Fifty cents per pound is about the price for them.

LACH SCHINKEN

Another classy and favorite German brand of hams that comes from Milwaukee is the Lach Schinken, or fillet of boneless ham. This ham, like the Westphalian, is generally eaten raw, but is suitable for cooking. It comes in casings of four or five pounds, and about four inches in diameter. It commands about thirty-five cents per pound.

REINDEER HAMS

A good novelty ham and a nice one for the garde manger in the summer months is the imported Norwegian reindeer ham. It sells for about fifty cents per pound. They are generally used the same as Virginia hams.

ROASTING PIGS

These little pigs come in two classes, the little milk fed and the large. The little milk fed pigs weigh from eight to fifteen pounds, and are sold by the piece, from three to four dollars each. They make a nice roast, and are in

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good demand. They can be roasted split in two, or left whole and stuffed with liver, sage, apple or chestnut dressing, and garnished with a browned sweet or Irish potato, and served with a side dish of apple, rhubarb, or gooseberry sauce, or a baked apple.

The next class are larger and weigh from eighteen to thirty pounds, and sell at from fourteen to sixteen cents per pound.

Most diners prefer their roast pig well done, with a nice brown color, and the skin crisp. For that reason the large pigs should be butchered into small cuts. First cut off the head (the head not being desirable for roast, you can make a cheese of it). Next cut off the hams, dividing the two, and boning them, preferably, for economical carving. Then remove the shoulders and bone, too, being careful not to cut the meat more than is necessary to remove the bone. Now divide the remainder in two parts, splitting thru the backbone. Next cut apart the belly, leaving the loin a fair width. The loin part should be divided into two parts, leaving the rib end to one part and the loin end to the other. Cut in this manner, you can give the pig a perfect roast, and carve it to the fullest advantage.

PIGS' FEET.

Pigs' feet are quite an American favorite. It is often cited as "The dish that made Chicago famous." Much of the commercial supply of pickled pigs' feet is of an inferior order. They are often extremely underdone to preserve their shape, and otherwise objectionable. Some packers make a specialty of pigs' feet that are properly cooked and preserved in a palatable pickle, but the discriminating chef confines himself to the fresh article and pickles them to his taste, or, as is more often the case, serves them as "fresh pigs' feet" dishes, which are the most preferred by diners.

To make a good job of boiled pigs' feet requires a special knack and care, otherwise they will become drawn and broken.

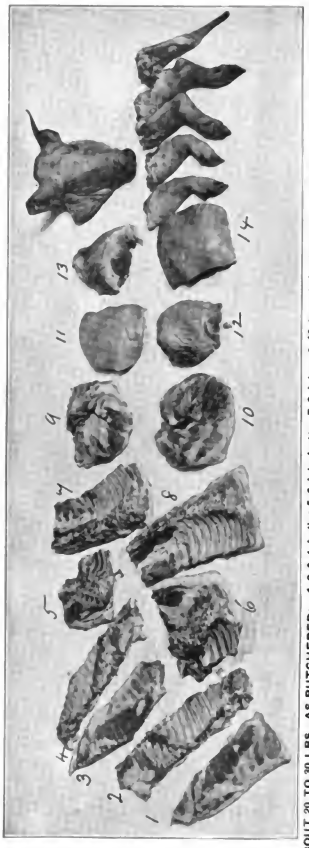
After being thoroly well cleaned and freed of hair, cut loose the cords at the knee joint and give them the most gentle and easy boiling possible,—not at the full boiling heat.

To do the best work: After cutting loose the cords wrap each foot separately and tightly in a cloth, tie securely, place in a steamer and cook with just as little steam as is absolutely needed to cook them.

Many profitable and good selling dishes may be made of pigs' feet, such as:

Broiled fresh pigs' feet and fried sweet potatoes.

Pigs' feet, Ste. Menehould.



PIG ABOUT 20 TO 30 LBS., AS BUTCHERED: 1, 2, 3, 4, belly; 5, 6, loin butts; 7, 8, loins; 9, 10, boned shoulders; 11, 12, 13, 14, hams cut in four; head; feet; tail.

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Stuffed boneless pigs' feet, Gastronome.
Old-fashioned soused pigs' feet.
Cold boneless pigs' feet, Waldorf salad.
Fried fresh pigs' feet, sauce Magenta.

PIGS' TAILS AND SNOUTS

Variety is one of the most commendable qualities of the chef, and he should not overlook any dish that will add to the variety of his bill of fare.

Pigs' tails and snouts are neglected in this country. There seems to be a prejudice against them here. In most European countries they are commonly used and relished. The Germans give them the most justice. Swina Sulze is a popular German dish. It is made of pigs' tails, snouts, and feet served cold in aspic from the meat. The French serve them poulette and vinagrette style. They are nice in a ragout with potato dumplings, or boiled with sauerkraut. Owing to their neglected condition they may be bought cheap.

Fifty-Fifty

Much of the chef's success depends on his ability to correctly estimate and order his supplies. To do this well is a prime requisite and calls for systematic study and method. Generally years of study and practice are needed to develop this faculty to a successful degree. In every meal, party or banquet he is confronted with this problem.

The employer of today wants you to make "50-50." That is, on a gross business of twelve thousand dollars a month, your total issues should be six thousand dollars. There are times when the volume of business is so small and the fixed expenditures are so large that it is impossible to attain these figures; but that is recognized and accepted by your employer. Under normal and favorable conditions tho, the chef must make good or he is going to lose his place.

Too often the chef depends on his ability to guess, off-hand, what he needs. He can do much better by applying some exact system or method of calculating his needs and keep a memoranda of such data for future reference. In the course of time he will have the ground well covered and there will be less and less memoranda required. These notes, with his well trained mind, will make him an expert.

To illustrate the principles of a system, I will cite some examples of a method I employ in my work; but it is best, and necessary, that each individual make his own tests and memoranda, if for no other reason than to train his mind. We think more of the dollar that we have sweated for than the one that has come without effort; and then, too, it is a singular fact, that our individuality enters into everything we do, so that, given the same turkey, the same tenderloin, or the same fish, hardly any two cooks will attain the same results. So test yourself out and accept no other's word, and, like the dollar earned, it will have real educational and lasting value.

In estimating soup, I allow for twenty-four portions to the gallon; and you will find that about the average number of cups or plates generally served from one gallon. Don't measure with a gallon vegetable can, as they are three to four cups short of a full gallon. With this as a basis of computation it is easy to figure the amount you may need for a banquet, and it is a good guide for your carte du jour needs.

This system of estimating can be carried thru the whole bill of fare, and is necessary for accurate and successful work. In figuring on roast meats, such as turkey, chicken, larded tenderloin, etc., keep a record of your work and find how much you use on an average to the order; so that when you wish to order for a certain number, you can tell to a pound what you will need. As you gather data and figures keep them for reference, to-wit:

1 gallon soup, 24 portions.
Roast turkey, ¾ lb. to an order.
Roast duck, 1 lb. to an order.
Roast tenderloin, ½ lb. to an order.
Broiled whitefish, ¾ lb. to an order.
Fried black bass, 1 lb. to an order.
Filet of sole, ½ lb. to an order.
1 gallon olives, average size, 300.
1 bushel potatoes, 150 orders French fry; or 200 orders mashed potato; or 250 orders Saratoga chips; or 400 croquettes, and so on.

The chef who knows what his supplies should produce is not so apt to overlook extravagance and waste, and he is able to intelligently instruct his help.

The more intimate knowledge you have of quantities the higher your appreciation of values will be, and the better able you will be to fix prices for your different dishes—a factor that largely determines 50-50.

FRANK RIVERS.

Do not be limited to weights and measures. Rosa Bonheur did not paint "The Horse Fair" with one cup white paint, two cups red paint, and half a cup of blue. Neither did Escoffier produce "Supreme of Chicken, Jeanette" on that principle. Cooking is an art; an inspiration that comes from the mind and heart where spoons and scales do not reach. Just because you did not see it in Tom, Dick, or Harry's Book is no reason why you should not adopt an idea of your own.

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MUTTON

A mutton carcass has four major cuts as illustrated in Figure A.

Figure B illustrates the hotel rack cut, No. 3.

A sheep has thirteen ribs to each side, same as a beef carcass. Two or three are left to No. 5 in standard cuts and oftentimes one rib is left to No. 2, the loin.

The standard cuts are:

No. 1	Saddle	50%
	Racks	50%
		100%
No. 2	Saddles	50%
	Hotel rack	12%
	Chuck	38%
		100%
No. 3	Legs	30%
	Loins	20%
	Chuck	38%
	Hotel rack	12%
		100%
No. 4	Legs	34%
	Loins	16%
	Rack	50%
		100%
No. 5	Long hind saddle	62%
	Chuck	38%
		100%

• • •

The above cuts are all commonly made by the Chicago packers to meet the demands of various localities.

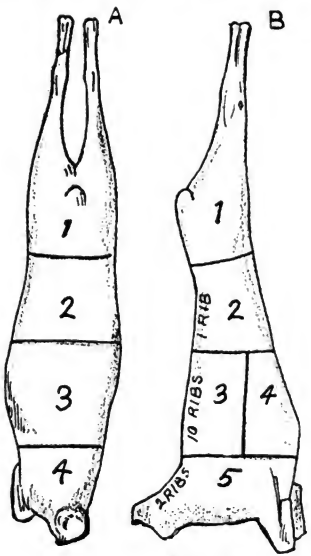
The long hind saddle contains the legs, loin and rack, and is known as the "Murdock cut." It is in demand in some sections of the country.

The "Saddle" cut is the hind quarters containing the legs and loin, and is fifty per cent of the sheep. I mention this fact, as I have noticed that many call the loin, No. 2, the saddle. There is conflicting authority as to what constitutes a saddle of mutton. I have adopted the Chicago packing house authority. In England what we term the "saddle" is known as the "baron," and what we call the loin, they call the saddle. Ranhofer describes and illustrates a loin as a saddle or baron. The English and New York adaptation is common among cooks.

The weight of sheep is from fifty to eighty pounds, but there are some heavier, and many prefer them. The best weight of sheep for ordinary use is sixty to seventy pounds. Like beef, mutton is generally preferred aged.

Sheep are of three classes: the wether, which corresponds with the steer; the females, or ewes, and the bucks. Until about a year ago (1914), the wethers were quite plentiful, but since then they constitute only about five per cent of the mutton supply. Changed conditions have brought this about. They are now mostly marketed as spring or yearling lambs, or saved for wool production.

With the improvement of sheep breed, the ewes of today produce a better mutton than the wethers of the past. Anyway, the wethers are not a dependable market commodity. The buck is undesirable as a choice food. You can easily detect it. The texture of the flesh is coarse. It is large. The bones are extremely hard and brittle. The fat turns yellow, and in cooking it emits an offensive, rank odor.



No. 1—Legs.
No. 2—Loin.
No. 3—Rack.
No. 4—Brisket.
No. 5—Shoulders.

A—Diagram of whole sheep carcass; B—Diagram of side of sheep carcass.

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CARCASS SHEEP IN SMALL CUTS

	Per cent		Price		Amount
Legs	20.34	@	9½	=	193.23
Loin Chops	20.34	@	12	=	244.08
Fat	3.39	@	3½	=	11.87
Flanks	3.39	@	4½	=	15.26
French Chops	20.34	@	14	=	284.76
Stew	30.50	@	5	=	152.50
Shrinkage	1.70		....		.....
	100.00%				9.01.70

FORES SHEEP

	Per cent		Price		Amount
French Chops	39.34	@	14	=	550.76
Stew	59.01	@	5	=	295.05
Shrinkage	1.65	@	..		.....
	100.00%				8.45.81

HINDS SHEEP

	Per cent		Price		Amount
Legs	42.11	@	9½	=	400.05
Loin Chops	42.11	@	12	=	505.32
Flanks	7.01	@	4½	=	31.54
Fat	7.02	@	3½	=	24.57
Shrinkage	1.75	@	....		.....
	100.00%				961.48

	Per cent		Price		Amount
Fore Quarters	51.69	@	8.45	=	436.78
Hind Quarters	48.31	@	9.61	=	464.25
	100.00%				9.01.03

This test is from a one hundred pounds basis.

* * *

The chef does not confine his uses of mutton to any particular cut. Some find the greatest advantage in buying the whole sheep—at least as much as they can handle in that way—and piecing out with as many special cut orders as may be needed. I favor buying the whole sheep, as all parts of the sheep sell equally well, except the rack, which is a leading staple. There is a money advantage in buying the whole sheep over the special cuts, and it is up to the chef to realize the advantage in the compiling of his bill of fare.

He can serve the loin in a lot of tempting ways, as:

Merchants combination loin mutton chops.

Loin mutton chops sauté with kidney.

Berkshire mutton chop with special baked potato.

Braised saddle of mutton, Britannia.

Casserole of English chops with peas and turnips.

With such entrees you can always use the loin of a whole sheep.

For the chuck, what sells better than

Old fashioned Irish stew with dumplings.

Savory mutton pie, English style.

Ragout of mutton brisket with fancy vegetables.

Creole stew of young mutton with rice in form.

These suggestions for salable and profitable stews may be extended as the chef elects.

The legs have little bone trimmings, but in boiling will shrink from a quarter to a third, depending on how well done it is cooked. They are nice and popular as a roast, or boiled.

Combination dishes are in great demand and favor with the European plan patron, and the leg of mutton is well suited to that. For instance, such combinations as:

Boiled leg of mutton with mashed turnips, caper sauce.

Leg of mutton with curry sauce and Carolina rice.

Boiled leg of mutton, chopped sauce, and creamed kohl-rabi.

Boiled leg of mutton, family style.

The last named is featured at one of Chicago's leading hotels. They serve it in a casserole. The mutton and a garnish of mixed vegetables, potatoes, onions, turnips, carrots and leeks, are placed in the casserole and then covered with the broth, which has been reduced and enriched, and is first served the guest as a soup. A side dish of caper sauce, and one of bean salad, is served, making soup, meat, vegetables, and salad, all in one combination.

Another advantage of whole mutton is the supply of help's meat it affords; while the shoulder can be served as an entree in various acceptable ways. It is the cut for the helps' hall, generally, and the neck and briskets make a nice stew for them.

In butchering a sheep: first cut off the leg bones above the knee joint, trimming the legs and shoulders as you do the French chop, making a handle. Save the trimmings for Scotch broth or stew.

Next, remove the shoulders, being careful not to remove the cover from the rack any more than necessary. Bone the shoulder, leaving only enuf handle bone with enuf meat attached to the shoulder to secure it; then tightly tie it, forming a firm even roll. You cannot make a neat or economical carving of the shoulder if you cook it with the bone in.

Next, cut off the legs flush with the end of the hip-bone. Make this cut carefully, as a perfect cut of the loin depends upon it. Locate the

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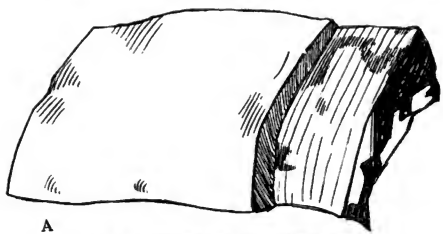
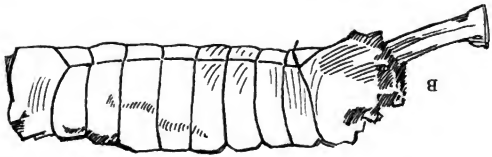
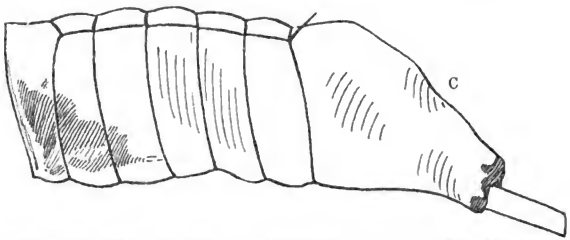


A—Cut of trimmed rack from sheep carcass.



B—Shoulder of sheep carcass, boned and tied.



C—Leg from sheep carcass. (This joint will be unfamiliar to most cooks because the model cut comprises full extent of leg, and does not leave any to loin of sheep, which is customary in market-cut legs.)

position of the hip bone accurately by jabbing with the point of the boning knife. If the sheep is not too fat, you can locate it with the thumb. After cutting apart the legs, remove the superfluous fat, and that part of the hip bone attached to the legs, and tie the boned end of the legs.

Next, cut off the loin; but do not include any rib, unless the first rack rib is too short for a French chop, which is sometimes the case. Leave the flank on the loin if you want to make a "belted" English chop, which I will describe later in English chop cutting.

The loin of perfect cut here illustrated weighed fourteen pounds, cut from a ninety-pound sheep, as compared with the market cuts weighing eighteen to twenty pounds and usually from lighter sheep.

The next cuts are to separate the neck, then the briskets.

Cut off the neck outside the last rib, making a full or thirteen-rib rack.

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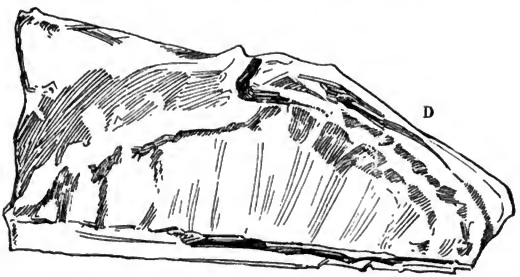


D—Brisket from carcass sheep (used commonly for stews).

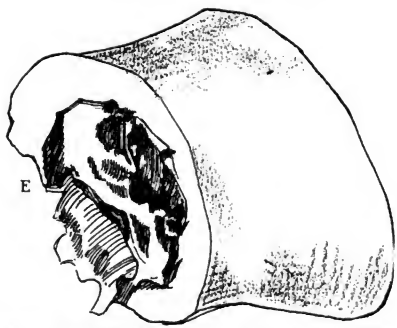
In removing the briskets, first carefully measure and mark the width necessary for a French chop, which is six inches. Then remove them with the saw. This is different from the market cut rack; but cutting it from the carcass yourself, you naturally would make the most perfect cut. The extra shoulder chops can be used as "Breaded mutton cutlets," or as Officers' chops.

MUTTON RACKS

The standard size for Mutton and Lamb racks is nine and ten ribs long and eight inches wide; but they will vary from this some, especially if not received from the leading packing houses. Some buyers contract for a certain shoulder trim, number of ribs, and width of rack.

The weight of the rack is important, for no matter what weight a ten-rib rack is, you will only get an even number of chops from it, under even conditions. The choice rests with each particular establishment. Some choose the heaviest lamb and mutton racks, while others prefer a lighter grade. The weight of the average mutton rack is twelve to fourteen pounds (hotel cut). It is best to buy the double racks. They are much easier and better cutting, and for keeping they excel.

French chops are of two classes, the "covered" and the "uncovered." The covered is the choice, and the only one used for broiled à la carte chops in some places; the uncovered



E—Loin cut of sheep. (The cut illustrated is from a ninety-pound sheep trimmed of kidney and flank, the loin weighing fourteen pounds, as compared with market-cut loins weighing from eighteen to twenty pounds).

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ones being reserved for some special use, such as breaded or stuffed. In many places one covered, and one uncovered are served to an à la carte order, but you are inviting a complaint from the diner when you do so. The uncovered chop is formed by the removal of the shoulder, the blade of which lies over a part of the rack, and when removed, leaves a part of the rack bare, the extent of which depends upon how poorly or well the shoulder was removed.

Some chefs order their racks with the shoulder blade in, to be properly removed by themselves. The average packing house shoulder trim is faulty. They cut the cover from one or two chops more than they should.

Figure A illustrates the proper trim. The part of the shoulder blade that extended under the cover was carefully boned out, making a narrow and least injurious shoulder trim.

Figure B illustrates the average market trim, in which parts of the shoulder blade still remain; four chops uncovered, as compared with the two uncovered chops in Figure A.

The average width of a market trimmed rack is about eight inches—two inches wider than the six-inch cut made of the carcass sheep, which is the standard length of a French chop.

In cutting a mutton rack: first separate the two racks by running the knife close to the backbone on both sides for its full length; cutting from the outside. Then turn the rack about, and from the inside cleave the backbone at both sides with the cleaver, thus removing the backbone. Do this carefully so as not to injure the heart of the chop. Next, measure off the French chop. Allow four inches for the chop, heart and flank, and one and a half or two inches for the stem or handle. That leaves two inches for stew trimmings.

If it is an eight-inch rack, cut across with the knife down to the rib bones, at the four-inch line, and at the six-inch line; then with a cleaver chop off the stew trimmings at the six-inch line. Then remove the cover on handles from four-inch line to six-inch line or end, and trim the stems.

By following these directions you will have an even trimmed and shapely chop. It is exact and quickly done. You get all the stew pieces in two parts, the piece over six inches long, and the stem cover.

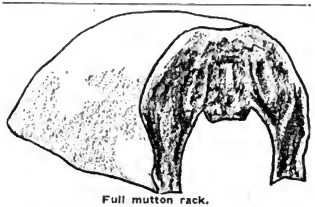
Leave the chops as prepared in Fig. C, only separating the chops as they are ordered.

Different houses separate the chops in different ways. Some cut them one rib to the chop in thickness; others cut them two ribs to the chop, removing one rib bone. There will be two or

Test of illustrated sheep. Weight ninety pounds @ 12 cents = $10.80. It cut up as follows:

ARTICLES	Weight	Per cent
Legs, trimmed	19¼	22.04
Loin	14	15.55
Rack, trimmed	10¼	11.25
Neck	5	05.55
Shoulders, trimmed	10	11.09
Breast	10¼	11.15
Bones	7	07.77
Tallow	12	13.38
Stew	2	02.22
	90	100.00

I have not classed the standard mutton stew cuts as such, preferring to test the neck, breasts and shoulders as they are, for they are quite as useful for other dishes as for stews. Classed as stew, they compose about 25 per cent of the carcass.



Full mutton rack.

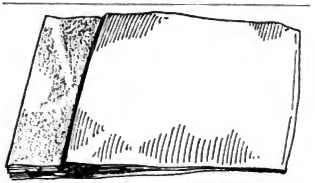


Fig. A. Lamb rack with model shoulder trim.

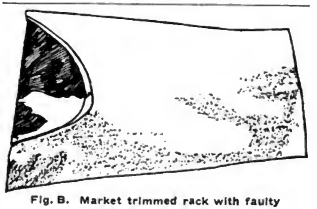


Fig. B. Market trimmed rack with faulty shoulder trim.

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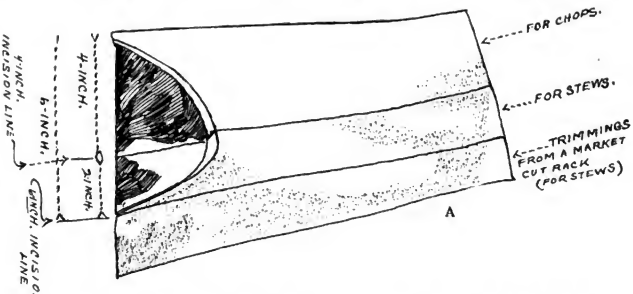
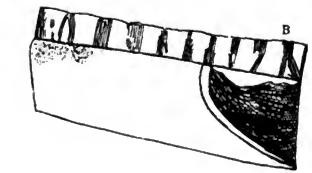


A—First process of trimming a mutton rack. The chop part is indicated by the section marked "four inches wide."
The section marked "for stews" and "two inches wide" is the stem or handle section. (The upper part of it is removed from the bones for stews.)
The section marked "Trimmings from a market rack, for stews" is separated from the piece entirely by cleaver.
The line marked "six-inch incision," and the line marked "four-inch incision," running lengthwise of the rack, indicate the lines of cut.



B—Second process: Stems uncovered, but not trimmed. (Shows market trim of rack, four chops uncovered.)

D—Indicates cover taken from the stem or handle section of the rack. (That part marked "two-inches wide" on Diagram A.)

E—Trimmings from market cut rack, as indicated on diagram A. (With this process of cutting the rack, at least one order of stew is saved, which should be worth from thirty to forty cents.)

three uncovered chops. Some use these for à la carte; others use only the covered chop.

LOIN OF MUTTON

The loin, marked "2" in Carcass B, is the most valuable part of the sheep, and usually sells for two or three cents more than the rack. It has a larger per cent of trimming than the rack. It contains a lot of fat and has a very faulty or money cut. By "money cut" I mean, the packer cuts his carcass so as to return him the most money profit, and the consequent money loss to the consumer. The perfect cut loin is the one described in the sheep carcass cutting. The market loin cut made by the packers is made to include from one to four inches of the butt, or what properly belongs to the leg of mutton. This extension back of the hip bone makes a very inferior English chop, and most

C—Completed and model trimmed rack. (Showing two chops uncovered.)

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Uncovered Lamb Chop.

Covered Lamb Chop.

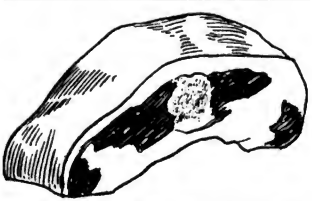
chefs hesitate to serve it as such, as it is almost certain to cause a complaint. This butt chop contains a lot of bone lying diagonally across the chop; and with the bone in, you would not dare to serve it; while if you bone it, it becomes a ragged, lean, and unsightly chop. When using the loin for an entree, served whole or boned, this defect is not quite so serious.

To prepare a boned loin of mutton for an entree:

Two ways are commonly practiced. In one it is divided into two parts, then folded and securely tied, and termed a "fillet of mutton."

The other is to remove the bone, beginning from the inside, and leaving the loin whole, folded and tied.

In serving it with the bone in, the slices are cut and sawed across the whole loin in some cases, and in others the meat is carved in slices from the loin without cutting the bone.



Butt trimmed from sheep loin. This is not available for English mutton chop because of its surplus of bone. It properly belongs to leg of mutton. (The piece illustrated weighed three and a half pounds.)

ENGLISH MUTTON CHOP

There are several different ways of cutting English mutton chops commonly practiced. The most common one is the belted chop. To cut this chop, it is best that the flank be left on the loin. You first cut the loin in two, removing the backbone, but leaving the short rib or vertebrae bones in. Then divide each half into four, five or six pieces of one to the chop, depending upon the size of the chops and the loin, and whether you use the butt or not. Some cut them even smaller. Then, taking each piece separately, you trim off some of the fat (if it has an excess); then you wrap the flank part around the chop

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English Mutton Chop (with kidney in).

Regular English Mutton Chop, strapped or belted. Kidney to be attached to this. (Standard weight of English mutton chop is one pound.)

Split English Mutton Chop.

English Mutton Chop, Berkshire cut.

which straps it, and holds its shape; then you wrap in a stout towel and beat well with the cleaver, after which you skewer it; when it is ready for the broiler.

Another cut is the "Split English mutton chop." This is a nice chop to serve, and is a "good looker." It is more quickly cooked, and the fat does not become charred. The loin is cut

Berkshire Mutton Chop, garnished with kidney and strip of bacon.

into half loins with the backbone removed and the flank cut off. Then cut into pieces chop size; after which they are split thru the middle, leaving a firm connection of the split parts on both ends,—the backbone end, and the flank end. This split chop is then spread flat, wrapped in a towel, and well beaten, when it is ready for the broiler. This is a dandy chop, and the one I like best. Care must be taken not to cut the connections too much; and if you meet with a bone, tap it lightly with the cleaver in order to make the proper split. This chop will cook in fifteen minutes, while the regulation chop requires thirty minutes.

THE BERKSHIRE ENGLISH CHOP

This chop is cut in sections across the whole loin, and about half the thickness of the regular English chop, the bones in and sawed. Then the flanks are folded in, wrapped in a towel and beaten; then skewered, making an oblong shaped chop, and a good cooking novelty entree for the carte du jour. It is named the "Old fashioned English chop" at times.

THE DEVONSHIRE ENGLISH CHOP

This is cut like the Berkshire, but it is not folded nor skewered. It, too, is a good entree special, cooks quickly, covers the platter nicely, and with a nice garnish, is a good seller.

These last three chops are well suited to combination à la carte specials in European plan service.

Note: No English mutton chop is complete without a broiled kidney served as a part of the garnish. Some broil the kidney whole enfolded in the chop. Others split and broil the kidney and serve on top of the chop.

English Mutton Chop, Devonshire cut. (Kidney to be attached.)

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SPRING LAMBS

Spring lambs may be had for about nine months of the year, beginning with the "hot-house" lambs at Christmas time and extending to October. But the real staple spring lamb season begins at Easter time and continues until July, making about three months' spring lamb season.

Spring lambs are sold with the pelt, pluck (pluck is the liver, lungs, and heart) and caul fat left on. These lambs are sold by the piece, and in price they will range from about $12.00 each for the Easter lambs, and sell off to the end of the season, down to four or five dollars each.

In weight they will run from eighteen to thirty pounds dressed, and when butchered and carved to best advantage will produce about one portion to the pound when cut in generous portions.

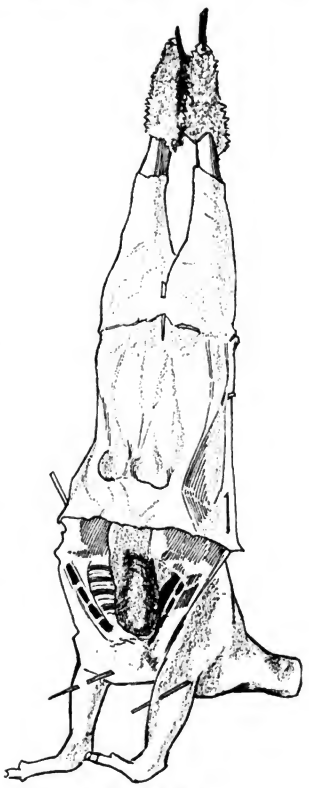
In some places they serve extra large portions and therefore get fewer orders. Genuine spring lamb is customarily priced at from sixty to seventy-five cents. Some places charge more, especially at Easter time.

You cannot devote too much attention to the butchering, roasting and carving of a spring lamb.

To butcher a spring lamb to best advantage: Detach the shoulders, then bone and tie them in firm even rolls. Don't make the mistake of roasting the shoulders with the bone in, as I have often seen done. It not only is wasteful of the meat, but makes a scrappy piece of it when carved. Neither will it roast well in that condition.

After cutting off the legs, remove the hip bone and tie it securely. Some prefer to remove all the bone from the leg for roasting, and tieing it in an even-sized roll; for in "blocking" the unboned roast leg, you cannot avoid a certain amount of scrap pieces, which is largely overcome in the full-boned leg. Next, remove the loin, and make two folded and tied pieces of it, removing the backbone. Then separate the neck (which part is at times included in the roast, while some chefs reserve it for a lamb stew along with the brisket). In roasting, bone and tie it. In cutting off the briskets leave about four and a half inches in width to the rack. Trim the briskets of excessive breast bone. Split the rack into two parts, removing the backbone.

A genuine spring lamb needs as careful roasting as it does butchering. It is very delicate meat, and suffers a lot from shrinkage and drying; so don't roast it until the last minute, and then in a good brisk oven. Roast it about half an hour before it is to be served; and if you are roasting several, roast them as they are needed, as is usually done with spring chickens. To roast them too much is fatal, as they will break in carving; and in order to piece them nicely, you will have to cut bigger pieces when too well done.



Baby spring lamb.

A lot of places do not have this grade of lamb, as they are too expensive. In places that

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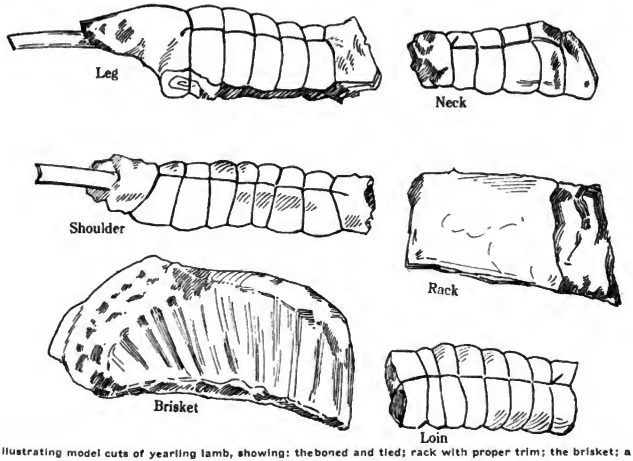

Illustrating model cuts of yearling lamb, showing: the boned and tied; rack with proper trim; the brisket; a leg boned and tied; neck boned and tied; shoulder and the loin trimmed and tied.

do serve them they are one of the swellest articles the chef has, and they make a long list of fine dishes. I will cite a few:

Fillet of hot house lamb, Tetrazzini.
Noisettes of baby lamb, Archduke.
Tournadoes of milk-fed lamb, Maseotte.
Trio of baby lamb chops, en brochette.
Casserole of English lamb chops, Renaissance.
The Clubman's combination Easter lamb chops.

These are all suited to quick-order specials.

* * *

Baby spring lamb test, made at Hotel Sherman, Chicago; used for spring lamb illustrations.

Weight with pelt, 27½ pounds, price $6.00.

ARTICLES	Weight Lbs.	Ozs.	Per cent
Legs	6	13	30.27
Shoulders	3	3	14.44
Ribs	2	12	12.22
Loin	2	1	09.16
Breast	2		08.89
Neck	1	3	05.02
Bones	4	8	20.00
	22	8	100.00

The pelt weighed five pounds: 27½–5=22½ pounds.

YEARLING OR FALL LAMBS

The yearling lambs are the ones most generally used, and the markets of the present day afford a choice supply. These lambs will weigh, approximately, from thirty-five to forty-five pounds each. They are sold by the pound and fetch from twelve to fifteen cents per pound.

To judge a spring lamb is easy; and a sheep, too, is comparatively easy. But in selecting a yearling lamb you are apt to be puzzled and uncertain. A young small sheep can readily be mistaken for a yearling lamb, as it has size, cover, and flesh color very much like the yearling or fall lamb.

TEST FOR BUYING LAMB

One of the most approved and reliable tests is what is known as the "Break" joint.

That part of the ankle joint reaching from the foot to the knee is customarily, in the dressed carcass, folded up against the foreleg, and skewered to same to hold in position.

If you will note carefully the end of the bones where the ankle joins the foot, you will observe in the lamb that the bone is closely knitted all across. That indicates that it has been broken off about an inch above the ankle at a place called the "break joint." It is of a dark red

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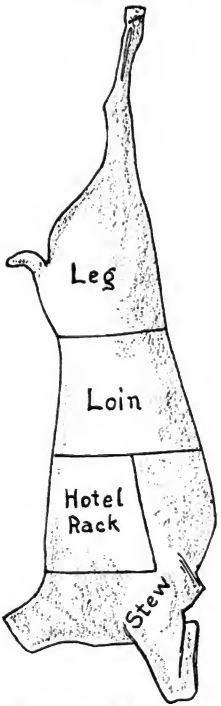
Test of illustrated yearling lamb. Weight forty-one pounds @ 13½ cents = $5.54.

ARTICLES	Weight	Per cent
Legs, trimmed	9¼	22.04
Loin, trimmed	4½	11.71
Shoulders, trimmed	4	09.65
Breast	3¼	08.29
Rack, trimmed	4½	11.71
Neck, trimmed	2	04.07
Bones	5¼	12.29
Tallow	4½	11.71
Stew	¾	01.83
Pluck	2¼	04.87
Skewers	¾	01.83
	41	100.00

Test of the illustrated yearling lamb hotel cuts made at Hotel Sherman, Chicago.

In carving, it cut 126 pieces. At three-piece portions it made 42 orders, a pro rata of one portion to the pound. There are 31 orders of four-piece portions.

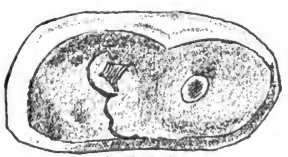


Yearling lamb, showing diagram of main cuts.

color on the end. The corresponding end of the mutton foreleg is what is the knuckle proper. It is separated in the center into two distinct parts, with a crack about one-eighth of an inch wide extending from three-eighths to half an inch toward the knee, and the knuckle bone has a polished appearance. The broken off joint is not found in a sheep, because the bone does not readily break after the animal is more than a year old, when they are no longer considered lambs. I would suggest that this be carefully studied, and that all hotel men become familiar with it. If you learn it thoroly you will not be imposed upon when buying lamb.

Yearling lambs may be had in market cuts as per yearling lamb diagram; but when bought in special cuts it generally increases the cost about five cents a pound, unless you buy the stew; and even then it costs considerable more. So, like the sheep, it is best bought whole.

Estimating at fourteen cents for the carcass, eighteen cents for the loin, twenty-two cents for the rack, and eighteen cents for the legs, which is an average comparison, you would have paid five cents more a pound for the cuts than they would have cost in the carcass. This does not include the stew, because the chef rarely, if ever, orders stew lamb. If he does, it would be about twenty-five per cent of a lamb and cost about ten cents per pound.



Lamb steak.

In butchering a yearling lamb, the cuts are made the same as those of the sheep.

It may be that the whole roast lamb is more than you need to roast, in which case the chef decides which part or parts to save for another purpose. Some save the rack to be used as lamb chops, or the half of it. That is not ad-

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visable, however, as one rib apiece should be served with each portion; and it frequently happens that you get an order of all chop or rib pieces of roast lamb.

The legs, or the loin, are the best cuts to save as they are suitable for special entrees; also the brisket and neck. It is a question for each chef to decide for himself.

SHEEP'S TROTTERS

The trotters are the feet, and are much like calves' feet. They are in poor demand, and very seldom used in this country. The French and English are fond of them, and prepare them in various ways, preferably à la Poulette, Vinaigrette, or Bordelaise.

MUTTON BONES

Mutton bones are not good to mix in for standard soup stock. They impart too much of the mutton flavor, and injure soups to that extent, unless it is a mutton soup. So it is a general rule among chefs to use mutton bones for stock only when they make a mutton soup.

* * *

[Mutton supplies sweetbreads, kidneys, and livers, which will be considered elsewhere.]

FOOD PRESERVATION

Americans are known as a nation of dyspeptics; and I want to go on record as saying that ice water has been the least cause of it, tho it has often been given as the prime factor.

The faulty methods of food preservation practiced here is, in my opinion, the main cause of dyspepsia. The interests of pure and wholesome food have been largely sacrificed on the financial altar. A great hue and cry was made over benzoate of soda. They could go farther and fare worse. That hardly scratched the surface of chemical food preservatives. Canned, pickled, bottled, and smoked foods are nearly all more or less treated with chemicals. Such preserved foods include hams, tongues, bacon, corned beef, salt pork, vegetables, condiments, relishes, preserves, jellies, etc., all every-day staples of food.

America would do well to follow the methods of the Chinaman in this respect. There are no canning factories in China. Neither are there any pickling works. A Chinaman generally buys his food fresh, with some dried or roasted. You enter a Chinese butcher shop, and you will see all kinds of food animals roasted whole: whole hogs (and done to a turn, too); chickens and ducks, both roasted and dried. If they have any such thing as a pickling barrel for beef or pork, I never saw or heard of it. The foundation of all their victualling is to be as close to Nature as possible. Keeping poultry and other food animals alive to the last minute is a part of their methods of food preservation. That may be barbarism, but it surely has advantages over some of the methods of our civilization.

QUICK WORK

It often happens that the chef runs out of a dish at meal time, and it is a matter of great concern to him, as he does not want to send the diner word that "It's all out." Neither does he want to have the bill of fare scratched. When caught in that way, I have employed the following expedients of quick work:

In case the roast turkey has run out:

Take an uncooked turkey. Draw, but do not stuff it. Run a knife between the legs and body of turkey to open them up and allow the fire to apply quickly. Place it in a steamer with the steam valve wide open, and let remain there about half an hour, then place in a roast pan and put in a good hot oven. If the turkey is small and tender, you can prepare it in a short time that way.

Fry the dressing as you would German fried potatoes, when in a rush, and it is made in a few seconds.

A quick way to replenish roast chicken is to split in two, season and flour. Put in a fry pan with a weight on. Fry the dressing. In eight or ten minutes it will be ready. Dish up as roast chicken, with giblet sauce over, and you needn't worry about a complaint. (I once served a diner roast chicken that way. He was back the next day and ordered chicken again, when he got the regular roast chicken, but he didn't like it. He wanted to know if they had a new cook, as the roast chicken was so nice the day before!)

For quick roast pork. Cut some thin slices of raw pork loin; season, flour, and fry, serving as the pork with gravy, etc.

When you run out of rib part of lamb roast, fry some untrimmed lamb chops.

Larded tenderloin or sirloin can be replenished quickly by sauteing some thin slices.

The method may be further applied to suit the occasion.

ROAST BEAVER

While employed as chef in one of Chicago's clubs, I received a dressed beaver from one of the members, with a request that it be roasted and served at a dinner that evening. Carrying out instructions, the beaver was duly roasted and served. It was the first experience of myself and cooks with a dish of that kind, and all were deeply interested. The consensus of opinion was that roast beaver is a great delicacy. It had all the earmarks of good eating.

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VEAL

The chef may frequently order veal in small cuts, but generally he orders in whole and half carcasses, or in fore- and hind-quarters.

An approximate value, cut prices, is (at present quotations): Carcass, 15 cents; hind-quarters, 17 cents; fore-quarters, 13 cents; legs, 18 cents, which gives some money advantage in buying the carcass. But the leg is well worth the market cut price, and the quarters correspond with the carcass in price, so the real advantage is in the fore-quarter when skilfully handled by the chef.

The prime age of veal is from four to six weeks, and such calves, when dressed, will weigh from 90 to 110 pounds. The weights and ages of veal supply will vary from this in all ways.

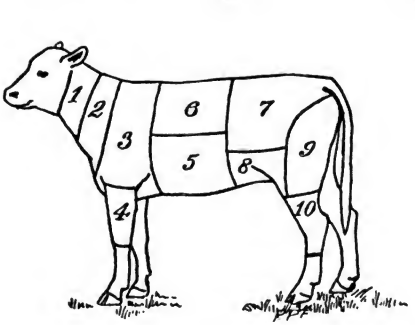
It is generally claimed that Herefords and Durhams produce the best veal. Most of the veal supply is of an inferior grade. About the only first-class veal is what is called stall-fed veal. These calves are either kept tethered, or in a small stall so that they may not run and develop muscle, or prevent fattening. They are mother nursed three times each day. They are slaughtered at about five or six weeks old, and weigh from 100 to 120 pounds, and sell from 15 to 18 cents per pound.

The general market supply of veal is dependent on dairy calves of inferior breeds and culture. The steward, however, who is early to market, can generally secure a supply of fairly satisfactory veal.

In judging veal draw your conclusions from the color, plumpness and fat.

Ordinary veal carcasses are classed in three grades. The best grade sells from fourteen to sixteen cents per pound, and is called Native. The second grade, known as Western or Dairy calves, sells from twelve to thirteen cents per pound. The third grade is known as Pail, or Grass Fed, and fetches ten or eleven cents per pound. The hundred-pound veal is about the best weight. In small calves the percent of bone is too great. (Knowing buyers, I am told, give preference to veal that comes from Wisconsin as being the best that comes to the Chicago markets.)

Some stewards buy calves with the skin on, as the hide weighs from ten to fourteen pounds, and sells for nineteen to twenty-two cents a pound, and in that way they save about a dollar on each calf. When buying veal in this manner you can generally distinguish the breed by the color markings of the hair, with a little study, as, for instance, the Jerseys have a color all their own; the Durham is dark red with some white marks; the Holsteins are black and white;



1. Neck.
2. Chuck.
3. Shoulder.
4. Fore shank.
5. Breast.
6. Ribs.
7. Loin.
8. Flank.
9. Leg.
10. Hind shank.

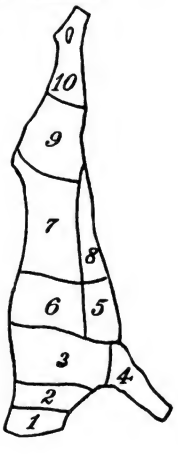


Illustration taken from Farmers' Bulletin No. 31, U. S. Dept. of Agriculture.

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CARCASS VEAL IN SMALL CUTS

	Per cent		Price		Amount
Breast	14.41	@	11	=	158.51
Chops	18.01	@	16	=	288.16
Chucks	17.12	@	08	=	136.96
Shanks	05.42	@	06	=	32.56
Legs	21.61	@	16	=	345.76
Loins	24.41	@	13	=	187.32
Flanks	03.61	@	08	=	28.88
Shanks	03.60	@	06	=	21.60
Shrinkage	01.81		..		.....
	100.00%				11.99.95

FORES VEAL

	Per cent		Price		Amount
Breast	25.80	@	11	=	284.02
Chops	32.26	@	16	=	516.16
Chucks	30.66	@	08	=	245.36
Shanks	09.67	@	06	=	58.02
Shrinkage	01.61	@	..		.....
	100.00%				11.03.56

HINDS VEAL

	Per cent		Price		Amount
Legs	48.98	@	16	=	783.68
Loins	32.66	@	13	=	424.58
Flanks	08.16	@	08	=	65.28
Shanks	08.16	@	06	=	48.96
Shrinkage	02.04	@	..		.....
	100.00%				13.22.50

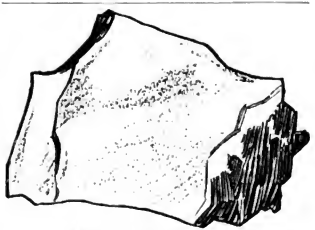
	Per cent		Price		Amount
Fore Quarters	55.85	@	11.03	=	616.02
Hind Quarters	44.15	@	13.22	=	583.63
	100.00%				11.99.65

the Herefords are red with white face; the Guernseys are much like the Jersey and hard to distinguish between when calves.

Butchering the veal carcass: First remove the legs, cutting at the end of the hip bone. Before making this cut detach the cod or udder part of the flank which connects with the leg, so that it will remain with the breast cut, making a more perfect and larger breast. In cutting off the leg without this precaution you leave attached to it a remnant; while if left to the breast, it forms part of a valuable whole, and the breast cut in this manner will make two sections, while in a market cut breast it makes only one section.

Having removed the legs, next cut apart the shoulders. In this cut don't remove any more of the rack cover than is positively necessary. The same faulty cut is made here in veal that is so often made in mutton. Make the cover cut about five inches inside the end of shoulder blade; then carefully bone out under the cover. In this manner you will have the most perfect cut rack.

The next cut is to remove the neck, cutting it apart at the last neck-end rib. Then remove



Neck of Veal, untrimmed.

the loin, cutting it off at the last loin-end rib. Now cut off the breasts, leaving a width of seven inches to the rack. Score it at the seven-inch line with a knife first, then finish the cut with a saw. After separating the legs and rack in two parts you have completed the eleven market cuts in the manner most approved by the chef.

* * *

Test on illustrated veal, one half carcass, sixty-two pounds (@ 15 cents = $9.30.

ARTICLES	Weight	Per cent
Leg	24	38.71
Shoulder	10	16.12
Rack	9	14.51
Breast	7	11.31
Neck	6	09.68
Loin	5	08.06
Kidney	1	01.61
	62	100.00

The half veal used for these veal illustrations weighed 62 pounds and cut up into standard hotel cuts as per above test, leg and shoulder untrimmed. Allow about nine per cent for knuckles.

* * *

LEG OF VEAL

The leg is the choice cut of veal, and sells for the most money when bought in cuts. It is the highest valued cut to the chef, too, and deservedly so. It has the least percent of trimmings, and from it the chef derives the most popular and best selling veal dishes. There is no doubt that the breaded veal cutlet, veal steak, paprika schnitzel, veal scallops, Holstein and Wiener schnitzels, and the fricandeau are all among the leading veal dishes, and the leg supplies these generally, and in the best hotels, always.

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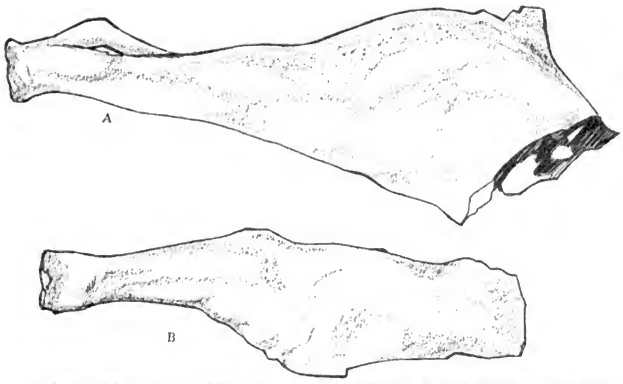


A—Leg of Veal, untrimmed (hotel cut). B—Shoulder of Veal, untrimmed (hotel cut).

There is some difference of opinion and practice with the veal cutlets, a few chefs using the rack or chops as a cutlet.

In cutting the leg, piece it in its natural sections by parting it at the natural lines of division. The choice section is the bottom round, or fricandeau. This lies on the inside of the leg, and is especially fine for larding such dishes as

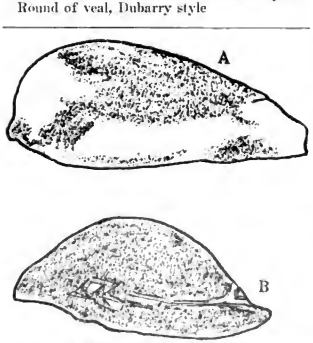
Larded kernel of veal, Montebello
Braised larded fricandeau of veal, Tallyrand
Round of veal, Dubarry style

Cushion of veal, Tyrolienne,
and so on.

The top round or flat section is not so desirable. It has a contrary grain, and along one side it has a round fillet-shaped division that is covered with a very tough skin. This part needs careful handling. It is best for schnitzels and cutlets. Trim off the sinuous skin covering, and after it is sliced beat well with the cleaver. In a large leg the round and fillet-shaped piece is best separated and cut by itself.

The third large division or section of the leg is what is generally called the kernel. It is nearly as choice as the bottom round section, and is suitable for larding.

There are other parts of the leg that are smaller, but when trimmed and cut across the



B—Minor (sous noix) section.
Kernels or Noix of Veal; A—Major (noix) section;

Fricandeau, or flat piece of veal.

Veal Breast, untrimmed.

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grain are equally good as the larger parts for cutlets, schnitzels or stews.

Part of the tenderloin is left to the loin in cutting, so in order to preserve this full size, remove it before cutting the leg from the carcass.

• • •

Leg of veal test (from test carcass, without loin). Leg of veal, twenty-three pounds, hotel cut (market cut has loin).

ARTICLES	Weight	Per cent
Fricandeaus, etc.	12¾	55.4350
Knuckles	3¼	14.1300
Trimmings	3	13.0450
Bone	4	17.3900
	23	100.0000

• • •

LOIN OF VEAL

The loin is a choice part of the carcass, and in the hands of a skilled chef is made great use of. It is the choice roast of veal and the "roast loin" proper. The average chef, tho, uses the shoulder and leg, as well as the loin, when he has roast loin of veal on the bill. In fact, many don't use the loin at all for roast, but save it for some special entree. The tenderloin should not be removed from the carcass if you are to have a proper loin of veal.

The loin can be prepared in various ways. Some bone it, making a section of each half; then truss, lard and braise it, when it is called "fillet." It can be left whole, boned and larded, and named "saddle." It is also nice as "loin chops" or boned and made into rolls with kidneys in, two to each half.

Suggestions for loin of veal uses:

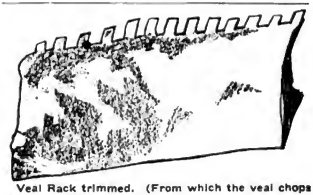
Braised fillet of veal, Duchess style
Combination loin veal chops, Delmonico
Larded saddle of veal, Fanchonette
Braised kidney and veal roll, Chieftain
Tournadoes of veal saddle, cabaret
Sliced cold loin of veal, Belvidere

RACK OF VEAL

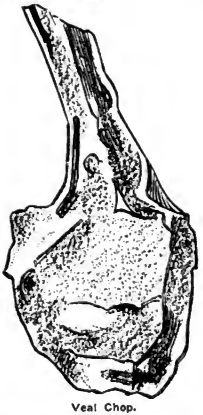
As an à la carte dish, veal chops do not sell. It is very seldom that an order is had. But as a carte du jour entree they are quite popular.

In cutting veal chops, remove the back and chine bones, and trim them as you would a French mutton chop; but do not have the handles so long, only about one inch, sizing the ends to fit the frills. It is customary to serve two chops to an order, one from the loin end, and one from the neck end. In first-class places they generally leave out the neck chops, using only the covered ones. For an entree that has a lot of garnish, and especially if the rack is large, only one chop is given to an order.

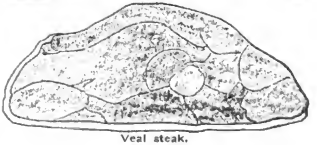
Loin of Veal, untrimmed.



Veal Rack trimmed. (From which the veal chops are taken. Some chefs use it also for veal cutlets; especially stuffed veal cutlets.)



Veal Chop.



Veal steak.

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Veal chop entree suggestions:

Veal chops in crumbs with spaghetti, Creole.
Braised larded veal rack, Trianon
Casserole of veal chops, Spanish style, corn fritters
Combination veal chops, Excelsior
Cold veal chops with veal jelly and erdive salad
Grilled veal chops, club style

SHOULDER OF VEAL

The shoulder has a large percent of bone, and in boning it becomes quite pieced and ragged. The clod part is very satisfactory and can be used for schnitzels or cutlets, leaving the remainder for a curry, ragout, or stew, and, freed of sinews, is just the thing for veal loaf or the veal Hamburger called "Pojarski cutlet."

For roasting the shoulder, for which it is more commonly used, after boning make a compact and even roll of it and firmly tie. Prepare

Boned and tied Shoulder of Veal.

it in the same manner when using for an entree. Many chefs use this and the other minor parts for the employes.

The shoulder is suited to a lot of nice dishes. I will mention a few that I have had most success with.

Braised shoulder of veal, Neapolitan
Shoulder of milk fed veal, Empire
Foreleg of stall fed veal, Boniface
Pot roast of veal, Kaiser fashion
Rostbraten of veal with homemade noodles
Shoulder of veal with stuffed tomatoes and fried eggplant.

The chef with initiative may enlarge upon these.

* * *

Test on illustrated shoulder of veal, eleven pounds.

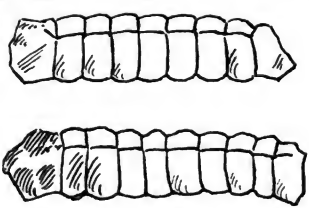
ARTICLES	Weight	Per cent
Veal roast	6¾	61.3650
Knuckles	2¼	20.4530
Bones	2	18.1820
	11	100.0000

* * *

BREAST OF VEAL

The breast does not make such a meaty or satisfactory dish to the diner; but, somehow, has received a lot more attention from the chef. While the shoulder is commonly despised, most every chef has a weakness for the breast. It seems to impress them as having more class. The breast illustrated is the full one, as cut from the carcass, No. 5 and 8, and cut into two parts.

To bone the breast: Make it a point not to remove any of the flesh. To do this, run the point of the boning knife down the center of each rib its full length from the inside side, thus cutting the bone covering, after which the rib can be easily removed with the hands. After removing the ribs, cut out the superfluous breast bones, using care not to cut away too much, as leaving some of the gristle is rather to be desired to emphasize the character of the dish.



Veal Breast, cut in two sections, boned, stuffed and tied, ready for cooking.

The breast is served in many ways. Some parboil it with the bone in, then bone, press and cut into fancy shapes for cold en gelee, or broiled, or fried with a nice garnish.

The most common way to serve is to have them stuffed, and that is variously done. Sometimes a pouch is made of it, which is filled with dressing. Other times no pouch is made, but the filling is laid on the breast and folded in, sewing the two edges together.

There are a variety of stuffings made, too, such as Duxelles, poultry stuffing and sausage stuffing. There isn't much to the breast proper, and to be a successful dish a lot of attention should be paid to the stuffing and garnish.

A few breast of veal suggestions:

Stuffed breast of veal with macaroni, Milanaise.
Breast of veal with sausage dressing and sweet potatoes
Braised stuffed veal breast, College Inn style
Broiled boneless veal breast with Westphalia bacon
Breast of milk fed veal, Rathskeller
Braised roulade of veal breast, Florentine

KNUCKLES AND NECK

The knuckles and neck contain some meat

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that is suitable for the employes as a stew; also for calf's-foot jelly, aspic, espagnole, and stock.

VEAL BONES

The bones of a veal carcass are highly prized by the chef, as it is with these he makes his best espagnole or brown sauce. They are chopped up into small pieces, placed in a roasting pan, and thoroly roasted and browned in the oven; cut vegetables having been mixed with them. From this the second stock is made, which is the foundation of espagnole. When calf's-foot jelly or aspic is to be made, the bones are not roasted, but boiled in their natural state.

CALF'S HEAD AND FEET

Calves' heads are a great delicacy, and not fully appreciated by the average American. In Europe it is a much greater favorite. In this

Calf's head and feet.

country its greatest use is in making mock turtle soup. When on the bill as an entree it has a very limited demand. The quality of the American supply is very inferior. Several reasons contribute to this. One is that the best calves, the natives, are slaughtered by country butchers, generally, and they know little about calf's head and feet, and have little time or inclination to prepare them if they did. So it is their practice to skin the head along with the rest of the carcass, and let it weigh in as calves' skins, when the heads are severed from the carcass, put in a sack, and shipped to the commission merchant to be disposed of for the brains, tongue and bones. It ends in the packing houses being the source of supply. They have men to do this special work.

Their calves are generally of an inferior grade, and they suffer further by being packed in barrels and placed in a refrigerator, and frozen till called for. About the only way you can get a good fresh calf's head is to arrange with some small butcher and pay him well for it.

Different ways are employed by the chefs in preparing the head and feet.

To bone the feet: First, cut between the toes as far as the ankle bone; then cut the skin thru for the length of the bone from the inside; after which place the foot on the meat block and bear down from the knee joint until the foot joint connection is broken, when you finish the boning with the knife. Chop off the toes, and it is ready for the fire.

To bone the head: Cut clear across the forehead from nose to head and remove the skin with the knife. After removing the skin, chop off the lower jaw, from which remove the tongue and trim it of the gullet; then split the skull evenly in two, and remove the brain.

Another way, preferred by many as being easier and quite as good, is: After making the cuts before described in the feet and head, parboil them for a time, after which the skin is more readily and neatly removed; the cooking to be finished after removal.

If you have a choice head, it will make a delicious dish.

"Calf's-head vinaigrette" for a warm summer day is appetizing and wholesome.

Fried calf's head, tartare sauce,
Casserole of calf's head, Parisienne, and
Calves' feet, poulette, are all classics.

VEAL LOAF

For the garde manger department the "veal loaf" is fine, especially in summer, and is one of the best uses you can make of the veal trimmings. About all the packing houses make it these days, and the delicatessen stores all carry a stock of it.

In making veal loaf it is best to mix in some pork, as the veal alone is apt to be too dry and brittle. Run the meat thru a chopper, after first removing all sinews. Then work it in a mortar. If you have no mortar, run it thru a grinder about three times. Into this preparation mix egg yolks, sherry, brandy, nutmeg, cayenne, mace, salt and cream. Bake it in a terrine or earthenware dish lined with larding pork. Garnish this, when being placed in the terrine, with strips of veal that have been partly cooked, before baking it. It is nice garnished with ham or with truffles. Sold as a cold special, it goes best.

Cold veal loaf with calf's-foot jelly.
Cold sliced veal loaf with asparagus tip salad
Hot veal loaf, St. Regis
Veal loaf and spinach, Nonpareil,
and in many other ways.

It is especially suited for summer dishes.

In serving it hot, a good way is to mold the mixture into rolls and cook them wrapped in oiled paper.

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CALF'S-FOOT JELLY

Calf's-foot jelly makes a delicious and ornamental garde manger special. It should be formed in special molds. It is made with various wines, as champagnes, liqueurs and fruits. These varieties are made by the pastry cook, and are usually made of prepared calf's-foot gelatine. When made by the garde manger it is practically the same as aspic jelly. In place of the sugar used by the pastry cook, salt is used; also sherry or white wine is generally used.

For a gallon of calf's-foot jelly take about ten pounds of veal bones, knuckles preferred, and four calves' feet; and, that it may have an amber color, add three or four pounds of shank beef. Put into the sauce pan with these some celery, carrots, and a little onion or leeks. Add the cold water. Do not salt until it has come to a boil and has been thoroly skimmed. After skimming, set aside where it can slowly simmer for about five hours. In placing it to boil, have about twice the quantity of water as the quantity of jelly you wish to make. If you are making one gallon, begin with two gallons of water, allowing half for evaporation. Having removed and cooled this stock, strain it into another sauce pan. Carefully remove all the grease and add two ounces of prepared calf's-foot gelatine that has been steeped in tepid water. Then clarify, the same as you would consomme, with chopped veal and white of eggs, adding the wine just before removal from the fire, using a scant pint of wine to each gallon.

VEAL SPINAL MARROW

The spinal marrow from a calf is very delicious. Use it about the same as you would calf's brain. Soak in salt water and remove the skin; then blanch a few minutes, when it is ready to serve à la Villeroi, with brown butter; in croustades, or as a garnish for sweetbreads or filet mignon.

LOG CABIN COMBINATION

A nice combination that is especially suited to European hotels is the Log Cabin veal combination. It should be a fresh butchered calf, from which take the liver, kidneys, and sweetbreads. Cut these into slices, leaving the fat on the kidney and leaving the sweetbreads raw. Season the slices with salt and pepper, and roll in flour. Then fry them in melted butter until well done and a golden brown. Also have some strips of bacon fried. Dish these up with each portion containing one piece each of the liver, sweetbread, kidney and bacon, and brown butter poured over.

SWEETBREADS

There are three kinds of sweetbreads, the veal, beef, and mutton. Of these, the calves' sweetbreads are the choicest. They are of two classes, namely, the heart and the throat sweetbreads. The heart sweetbreads are the best. They continue beyond the age of the veal animal and are found until about the age of one year in heifers and steers, when they disappear from fatty degeneration. They lie near the heart, and have a direct tissue connection with the throat breads. It is the butcher's work to properly soak these in salted water to free them of blood, and trim them, when they are sent to the garde manger to be parboiled, skinned and preserved, ready to be passed to the cook when called for. They sell at about sixty cents per pound.

Calves' sweetbreads being so expensive, many places do not buy them, but use beef sweetbreads instead. They can be bought for from twenty to twenty-five cents per pound. When carefully selected and well prepared they are very satisfactory.

Beef sweetbreads are apt to degenerate into fat formations as they become aged, but that is easily detected, and should be watched for, as a few unscrupulous packers market them.

To prepare the beef breads: Soak them several hours in cold salted water, changing the water two or three times to whiten them and free them of blood. In the cooking, care should be taken to have them as well done as possible, and still retain their shape; that is, not to fall apart. In parboiling them, allow for the further cooking they will receive before being served; which should not be much for quick à la carte service.

Lamb sweetbreads are not much used by the average chef, altho they are delicious, and for such entrees as Brochettes, Newburgs, and Eminee, are quite equal to the others, and have the advantage of being a sweetbread change. And, too, they can be bought for twelve or thirteen cents per pound.

KIDNEYS

The kidneys of veal, beef and mutton are common articles of food. Those of the calves and lambs are particularly fine. They are made general use of as entrees of themselves, or as a garnish for other dishes.

The veal kidneys are worth about fifteen cents each, and many nice entrees are made of them. The lamb kidneys sell for about sixty cents a dozen, and take rank with the veal kidney as an entree. The beef kidney is hardly ever used by the chef. When they are properly cooked

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they are very nice. The common mistake made in cooking them is that they are cooked too much, for the longer you cook them the harder they get. To be nice and tender they should be just cooked and no more. When handled right they are nearly as tender as the veal kidneys.

To prepare them: Free of all fat and sinews and slice. (But don't make the mistake of Bridget in cooking them, who boiled the eggs three hours without getting them soft boiled!)

TRIPE

Tripe is made of beef stomachs, and when well cured and prepared is a delicious dish. But it is in general disfavor in this country for various reasons, one of which is that it is often held up to ridicule. Another is owing to the atrocious way it is so often packed for market.

To insure having a palatable and wholesome pickled tripe, my advice is to buy the fresh tripe and pickle it yourself, preferably in a white wine vinegar.

In France tripe is given proper care and is a national dish. What Boston baked beans are to America, Caen baked tripe is to France. For "Tripe a la mode, de Caen," like baked beans, is baked in an earthenware pot from twelve to twenty-four hours; is sold by street vendors and delicatessen stores, and equals the Boston dish in public favor. I have seen Caen tripe prepared in different ways by accredited French authorities. The most approved I have found to be made with the raw tripe cut into julienne or dice, with raw pigs' and calves' feet also cut in the same manner and mixed with it; also a generous amount of sliced onions. At times other vegetables and aromatics are added. This is baked in a tightly sealed pot, having been covered with bouillon when it is baked.

There are a lot of nice tripe dishes, such as

Cocotte of honeycomb tripe, Richelieu

Broiled fresh tripe steak with paprika bacon and grilled Spanish onions.

Fricasseed fresh tripe and oysters en bordure, and the old favorite, Tripe a la Creole.

These are all of fresh tripe. I won't recommend any dish made of the average pickled tripe of commerce.

BRAINS

There are four kinds of food brains, namely, calves', beef, sheep and pigs'. The calves' brains are the choice, and most in demand. They sell at about ten cents per pound. Beef brains rank next, and are worth about eight cents per pound. The sheep brains sell at about five cents per pound. They are often used, but not under their own name. In fact, you rarely see any but calves' brains listed on the bills of fare; but, more often than not, they are really beef or sheep brains. Hogs' brains are in poor demand, and sell at about five cents per pound. Nevertheless, they are the richest of them all, and have a delicious flavor. They are rich to a fault, being so soft that they do not hold together well, and consequently are not in demand by the chef.

In preparing brains soak them in cold salted water; trim and skin them, then parboil: when they are ready for preserving in a mild sour pickle by the garde manger; later to be used as the chef decides.

LIVERS

The same custom prevails with the livers as with the brains. On the bills of fare it is all calf's liver, while in fact it may be sheep's liver or the small end of a heifer's or steer's liver. The hog's liver is so distinctive that it cannot be passed for calf's liver, and is about all made into liver sausage. The best calves' livers are the lightest colored ones. Calves' livers have become a decided luxury, selling at about twenty-five cents a pound. The average portion is half a pound.

In preparing calf's liver, remove the skin and sinews; slice in six slices to the pound with three slices to a portion.

For a liver entree in a moderate establishment, the small end of a choice young steer or heifer is very nice and can be bought for about ten cents per pound. The larger end can be used for employes. It really has a better flavor than calf's liver, and when sliced to resemble calf's liver, and not cooked too hard, is about as satisfactory as the calf's liver.

Sheep's liver is quite a success as an entree too. List it as

Lamb's liver, Raymond style,
Combination spring lamb liver, or
Lamb's liver with fried ham and mashed potatoes.

I have had a lot of success with such dishes. They can be bought for about ten cents each, which makes them profitable, and opens a way of escape from the ban put on calf's liver in all but the highest grade establishments.

TEMPERATURE

There is a common misapprehension that all the cooking is dependent on a red hot range. Quite the contrary. Half, at least, depends on the other extreme of the temperature—an ice cold box. If you would have the right balance to your cash book, first have the right balance to your kitchen temperature.

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POULTRY

HENS

In all well regulated kitchens of the European plan service there is a constant supply of hens. It is a big and important item with the chef.

There are two classes of supply, the fresh, and the frozen, or refrigerator, supply. The season for fresh hens is from about November 1 to April 1. The season for frozen hens is from about April 1 to November 1, making five months fresh and seven months cold storage season. The quality of the hens depends upon the breed and culture. The Chinese are the greatest poultry breeders, and up to quite recently, and even now, to a large extent, we owe to them our best breeds. The same may be said regarding hogs.

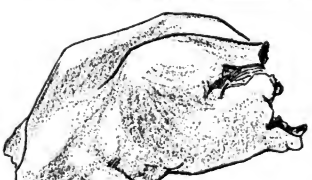
The cold storage hen has many defects. It lacks greatly in flavor. It is a poor keeper, especially when cooked, and it is apt to be discolored, dry, and brittle when cooked. The chef is compelled to have a supply of boiled hens at all times for such dishes as à la King, sandwiches, salads, cold sliced, etc., and unless he has first-class refrigerators, he is hard pressed to save cold storage hens, as they spoil in a few hours in warm weather, which is their season.

The choice hen is the reasonably fat one, about eighteen months to two years of age, with the breast large and of excessive proportions to the legs.

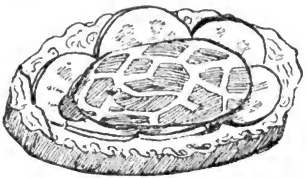
The supply of raw hens is best left undrawn until the time they are to be cooked.

The care of the cooked hen is the work of the garde manger cook. The disposal of the carcass differs widely. In the best places only the breast is used for chafing dish specials, à la King, sandwiches, salads, cold, etc. In such establishments the chef uses the legs for hash, croquettes, duxelle, etc., and for such dishes as

Stuffed chicken legs, Nipponese
Dark meat of chicken, Creole, corn fritters
Fried chicken legs, Maryland



A dressed hen.



Planked boned leg of capon.

Second joints of capon, Chipolata
Casserole of chicken second joints, Mexicaine, etc.

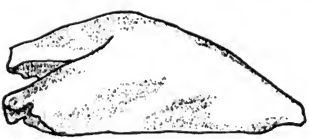
A classy dish can be made of young chicken legs, turkey legs, or capon legs, namely:

Planked boned capon legs, Monarch.

Bone the legs; stuff with chicken forcemeat, and wrap in the caul or vail fat. Braise, and serve on a plank with a border. Garnish with sliced tomatoes and fresh mushrooms.

In other places the dark and white meat is made common use of. The trimmings are used for croquettes, salads, hash, etc.

To carve a chicken for the garde manger department: First, remove the legs, doing it carefully, and using the knife to cut the connections, so that the second joint will be left whole and unbroken. Remove the skin. Next, remove the back, cutting off what is left of the wing to the carcass. Remove the skin from the breast. It



E—Chicken breast, trimmed for cold

is now prepared for slicing. (See cut of trimmed breast.) Remove all the meat from back bones for other uses, also the trimmings left after slicing the breast.

ROOSTERS

The rooster has no place in the modern kitchen. He is built on reverse lines to the hen. The hen has the largest per cent of breast, while in the rooster the largest per cent of meat is in the legs, and mighty tough legs at that. In times past roosters were commonly used in hotels, but now they are either caponized, sold as broilers, or sent to the canneries. I have it on good authority that one of the largest soup

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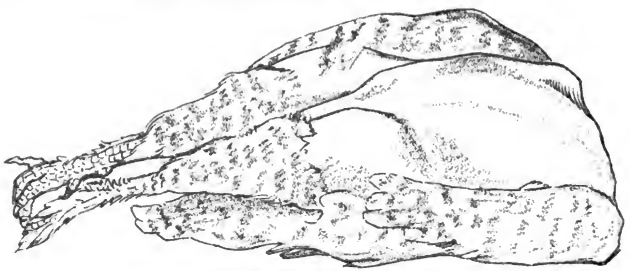


Plymouth rock capon, as purchased.

manufacturers gets seventy-five per cent of the rooster supply of South Water street (Chicago) market. The tempting can, with its bright and vari-colored label reading "Deviled Chicken," is apt to contain a tough old rooster. They have the wrong qualification on devil; it should be "devilish!"

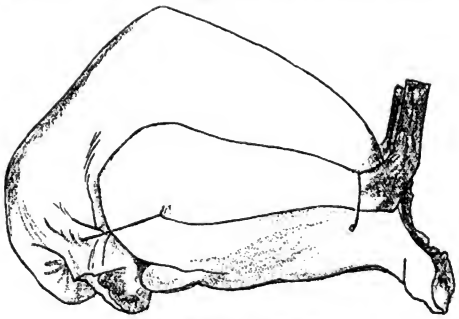
CAPON

Capon is generally considered the finest of all poultry food; but the modern milk-fed fowl threatens to dethrone it. Some good judges claim this is already accomplished. Philadelphia capon has always been a proud title on the bill of fare. In late years it has been compelled to share honors with the Indiana capon, where the big supply of choice capons now comes from. Missouri, Kansas and Wisconsin furnish a large supply of choice capon also. The Plymouth Rock capon is the one most sought. Unsexing poultry has proven quite as successful as that of beef, pork, and mutton. The French make a common practice of spaying the hen also, called poulards.

What keeps the consumption of capon so low is its high cost. It is a common practice among chefs to serve nice milk-fed roasting chicken, or hens, as capon to save the difference in cost. The cold storage article has brought it into disfavor also. Much of the capon supply is cold storage, which has lost its superiority. The season for capon is about the same as that of turkeys. They are mostly used for roasting. They, no doubt, make the choicest boning fowl for galantines.

TURKEYS

Turkey is the great American national bird. I always feel better satisfied with my bill of fare if I have roast turkey on it. That is one



Turkey, prepared for roasting.

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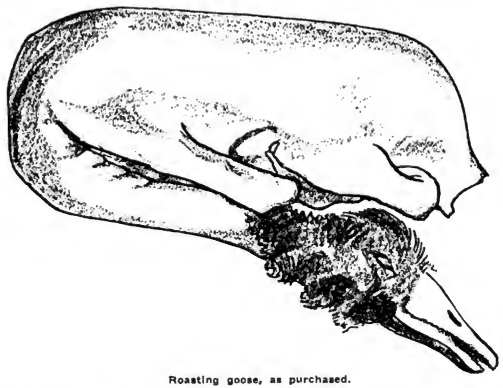


Roasting goose, as purchased.

of the most popular dishes the chef serves. About November 1 is the opening of the regular fresh turkey season, and it continues until March 1. It is used all the year round, however, the cold storage supply being used during the closed season of the fresh supply. A turkey that hasn't been frozen too long is quite satisfactory, but a lot of them are marketed that have become off color and bitter from too much cold storage.

For roasting, the gobbler is the choice turkey. The hen is the best for boiling and boned.

The broiling turkey season is during the months of August and September. They cost $1.50 to $2.00, and are in little demand.

The size of the turkey is important. A turkey that is too large will not carve to advantage. Two turkeys that weigh twenty pounds will produce a lot more orders than one turkey that weighs twenty pounds. The two turkeys will have twice as many back-bone pieces, legs, and wing pieces as the one turkey, and will produce more breast slices. A twelve-pound turkey is the most profitable.

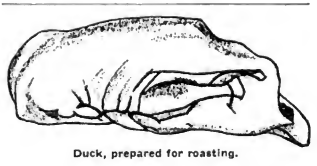
GEESE

There has been a great improvement in the supply of geese in late years. Wisconsin was the leader in goose culture, and it was the goose that made Watertown famous. At the present time Oil City, Long Island, Northern Iowa, Minnesota, the Dakotas, and Rhode Island are great geese producing states. The season for fresh geese begins with the gosling, or "green goose," as the chef sometimes calls it. About June 1 is when they appear, and the fresh supply continues till about February 1, after which the cold storage goose is used.

Geese suffer less from cold storage than any kind of poultry. The average cold storage goose is quite as good as the fresh. The most desirable qualities of a goose are, that it should be fat and young. They are very long lived and get very tough. What the turkey is to Americans, the goose is to the Germans and the Jews; and more, for with them goose fat takes the place of butter to a great extent. It is from goose liver that the famous dish "pâte de foie gras" is made.

DUCKS

There has been a great development in the amount and quality of ducks in recent years. Owing to this improvement, the duck has become a large and favored item of food with the chef. They are used for entrees, broiling, and roasting. They stand the cold storage treatment nearly as well as geese.



Duck, prepared for roasting.

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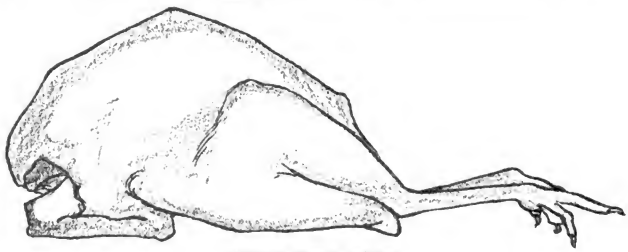


Milk-fed roasting chicken.

The Rhode Island and Long Island spring ducks appear about the first of May and last till about the first of August, when the mature ducks begin to appear, and last until about January. The Rhode Island ducks cost from twenty-five to thirty cents per pound.

The Western supply of fresh ducks begins about August 1 and continues to February. Most of the finest supply of Western ducks comes from Minnesota and Wisconsin. The Western ducks sell from eighteen to twenty cents per pound.

The season for ducks covers the whole year, cold storage stock being generally used all thru the fresh season. In this respect it differs from the goose.

SPRING CHICKEN

In this class of chicken are included the broilers, roasters, and fryers; some ultra-classy chefs using them for fricassee.

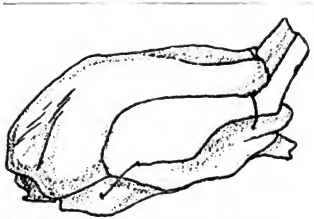
The fresh broiler season opens up about the first of June, and the market is well supplied until October. The season for fresh roasters is from September 1 to February 1. The chef has no closed season for spring chicken, as he uses the cold storage article when there are no fresh ones. Spring chickens are probably more injured by cold storage than any other class of poultry.

For frying purposes a chicken weighing from one to two pounds is generally preferred.

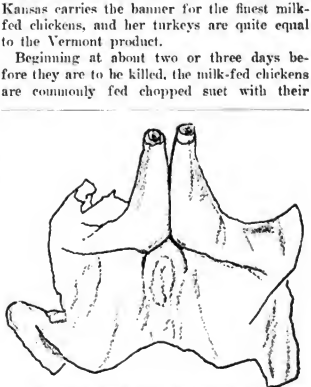
For whole roast chicken, and baby spring chicken in casserole, the one-pound chicken is the most commonly used.

The raising of spring chickens is a great industry. The milk-fed chicken is a recent development, and it is from this class that we get our choicest supplies. When fed on bread and chicken feed soaked in milk, the meat is of a superior white color and tenderness, and of a delicious flavor. Most any highly cultured and well-fed chicken is classed as milk-fed, whether it has been fed milk or not. Just at present Kansas carries the banner for the finest milk-fed chickens, and her turkeys are quite equal to the Vermont product.

Beginning at about two or three days before they are to be killed, the milk-fed chickens are commonly fed chopped suet with their



Young chicken, prepared for roasting.



Spring chicken prepared for broiling

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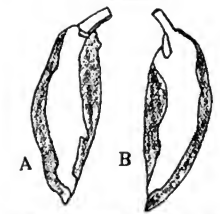
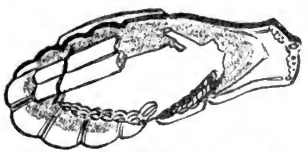
feed; in some instances they are fed buttermilk.

A certain brand of milk-fed chickens from Kansas marks the highest development in this class of poultry; a roaster of this kind weighing around four pounds easily takes the place of capon and sells for about three cents less per pound.

The steward-chef generally pays a lot of attention to the weight of chicken he will use. The most favored weight for broilers is two pounds; from that up they are mostly roasted. My choice for a roast chicken is one that will carve eight nice pieces for four orders, which is from three and a half to four pounds; or one that will make two orders cut in half, two or two and a half pounds.



Breast of spring chicken, trimmed for supreme of chicken.



Supreme or breast of chicken, Jeanette.

For fried chicken, country style, I favor a two-pound chicken, one-half to the single order. Cut it in eleven pieces, two breast pieces, four leg pieces; two wing pieces, and three back pieces. Serve the liver fried with one half, and the gizzard with the other half.

A chicken about two pounds is best for Maryland style.

In the preparation of chickens and all other poultry they should be singed. Special gas singers can be had for this purpose; or, fill a dish of some kind with salt, then cover with alcohol. This is better than the clear alcohol.

CHICKEN GIBLETS

There are a lot of by-products from poultry, known under the class name of giblets, that can be used for many nice dishes. The wings of turkeys, capons, and roasting chickens are excellent, and can be prepared in many ways. Trim and singe them well. They are best with a good liberal garnish, such as Creole, with rice, or fricasseed and fried. They make a nice garde manger dish when boned and stuffed and prepared in aspic or Jeanette style. The livers sell well and need never be wasted. Popular dishes of these are omelettes, patties, brochettes, and sautés.

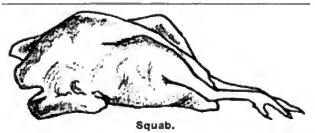
The combs and fries are useful for garnishes.

The necks, gizzards, and chicken wings make a nice dish for help's hall, and are useful in soup.

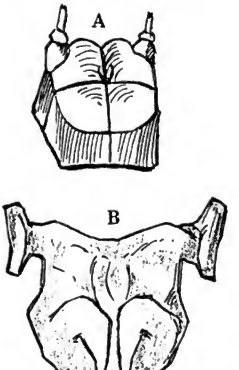
The average refuse of poultry is twenty-five per cent.

SQUABS

There has been a big advance in raising squabs within recent years, and the quality has been



Squab.



A—Boned and stuffed squab; B—Squab prepared for broiling.

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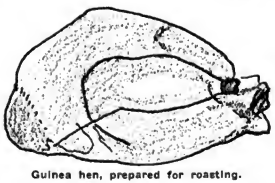


Guinea hen, prepared for roasting.

greatly improved. Yet squabs are not at all popular as a food. Peculiar and unusual reasons, I am convinced, have caused their unpopularity. The main reason, I think, is that they suffer by comparison. When it comes to a choice with the diner, he orders a spring chicken rather than a squab. Probably it is not that the squab is not liked, but it is quite bony, rather small, and an order costs more than half a chicken. A one-pound squab generally costs $1.50, and an ordinary one, with little else than bone, will cost sixty to seventy-five cents. The bird itself is some to blame, too, for it has a flavor all its own, and it is only when a highly cultured and choice squab that it meets favor with the average diner.

The most success is had with the squab when it is served for a banquet, broiled, boned, and stuffed for en cocotte, en casserole, or cold in aspic.

GUINEA HENS

Guinea fowls have become quite plentiful within the last eight or ten years. In large cities the first-class hotels, clubs, and fashionable restaurants serve them constantly, and the advanced chef has come generally to give this fowl a lot of attention owing to the present stringent game laws and consequent lack of game.

They are used much the same way as spring chicken, but are almost too dry for roasting and broiling, tho commonly used as broilers. The best way to serve them is en casserole, sauté, or as breast of guinea hen.

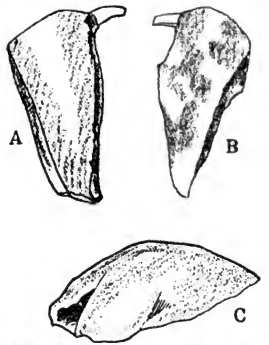
Choice 2-pound guinea hens sell from $6.50 to $7.50 per doz., but they may be had at different grades and prices, like chickens. They are mostly bred in Maryland, Pennsylvania, and New Jersey. The chicks die easily if exposed to wet and cold. In England they are bred for game preserves the same as pheasants. They are a welcome bird to the chef when he has a nice banquet to serve and the price per plate will permit their use.

The eggs are considered a great delicacy by connoisseurs, and are prized by the chef as an hors d'oeuvre. They are three-fourths the size of the average hen egg, and dark brown in color.

The flesh of the guinea hen is dark. There is a white breed of this fowl, the flesh of which is lighter. Guinea hens are judged like ordinary fowl. If the breast is flexible, the feet soft, and the claws short, it indicates they are young. Furthermore, the helmet on top of a guinea's head is nearly black when young, and lead colored when old.

GAME

The game laws have played havoc with this class of meat in recent years. Still there is quite a lot to be had yet. The prices are so high for choice game birds that very little of it is handled.



A and B, breast of guinea hen, trimmed for cooking; C—Breast of guinea hen.

Prairie chickens, partridges, canvasback ducks and redhead ducks have become a luxury for the rich, and about three dollars each is the price of them. Quail, mallard duck, teal duck, snipe, and venison are quite commonly handled. Rabbits are plentiful and cheap, but not much liked. A lot of elk meat comes to market, but owing to the social ban it parades under the name venison, and not always recognized. Moose meat is one of the choicest of venisons, but very scarce and high priced.

The Chinese or English pheasant has a promising future, but just at present the supply is mostly imported and cold storage. They are a nice big bird, and I look for them to develop into a big food industry some time, as they now are in England.

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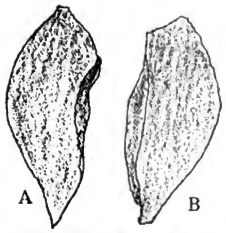
BREASTS OF GAME

Of late years there has appeared a new class of food supply, namely: the breasts of quail, mallard, teal duck, guinea hen, prairie chicken and partridge. I have inquired into the source of this supply and am informed that much of the game shipped to market has suffered too much injury for gunshot wounds to keep well, so the birds are stripped of everything but the breast, and quickly disposed of at a special and inviting price. An over-supply is often handled in this way also.



Trimmed breast of mallard duck.

I have bought fine breasts of mallard at forty or fifty cents each, and other game breasts at corresponding rates.

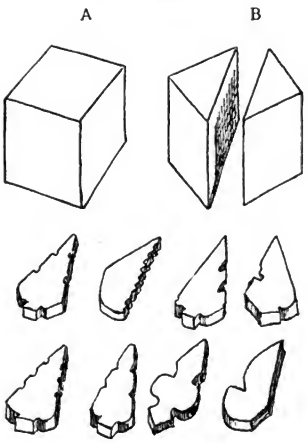
The breast is about all there is to a game bird, and I make it a point to avail myself of this market commodity.

CARE OF EGGS

Eggs have climbed the ladder of high prices along with other supplies, so that for a large part of the year they sell at forty to fifty cents a dozen for fresh ones; and wherever you work, the proprietor is apt to be keeping close tab on the amount of eggs you use. At a place where I was once employed, the proprietor came to me one day and said, "Frank, eggs have gone up to fifty cents a dozen, so be as saving as you can with them." "Yes, sir, I will," I answered him, and I decided to use the following plan: I had been ordering eggs a full case at a time, and placing them in the cooler so that each cook could help him or herself. In this particular place, a full case of eggs lasted two days on an average, or sixteen dozen per day. The following day, instead of ordering a case of eggs, I ordered five dozen, and I had them placed with the garde manger cook, to be issued as ordered by the waiters, and I specified what eggs, if any, each cook should use. The plan worked wonders. From three or more cases a week, I reduced it to about one case a week. It was a little unpleasant at the start, but at the end everyone took kindly to it.

CROUTONS

A commonly used article for garnishing entrees is fancy cut pieces of bread, fried or toasted.



Cutting bread croutons: A—First cut; B—Second cut; C—Trimmed croutons.

To make croutons: First trim a section of a loaf of bread squarely. Next cut into two triangle parts. Then trim as fancy suggests.

COLD STORAGE SUPPLIES

Where cold storage supplies begin, all that is best of culinary art ends. It robs the chef of all pride and enthusiasm, and makes him a mere mechanic.

In the heart of the discriminating diner and the conscientious cook, cold storage food has little place. Some day this matter will be properly legislated, at least limiting the time that food may be cold storaged; and I want to register my plea of better conditions for humanity's cause.

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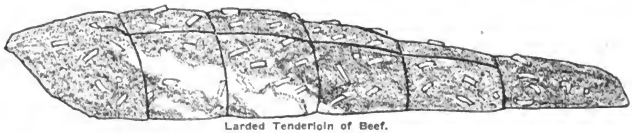


Larded Tenderloin of Beef.

LARDED MEATS

LARDED BEEF TENDERLOIN

For a larded tenderloin, trim it of the fat on top. Leave some of the fat along the side, as this will add to the richness and flavor of the fillet, and it also tends to retain its juices.

Next trim off the sinews covering the top of the fillet. Leave on the subdivision, or small strip of meat that is attached to all tenderloins on the opposite side to the fat; that is, the little strip next to the chine bone. If you remove this, it won't roast so well. When left on, it protects the tenderloin proper, and helps to keep it rare and juicy. It is now ready for larding.

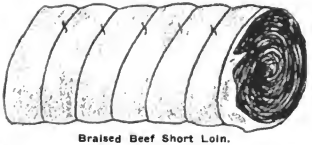
Cut the larding pork in proper strips, and place them in a bowl of cracked ice to harden so they will be easier and better to handle. When larded, tie with twine to hold the strip of fat and sub-fillet while being braised or roasted. The fat and small side of fillet may be trimmed off after slicing.

LARDED BEEF SIRLOIN

In larding a beef sirloin, leave a strip of the flank about three inches wide (making it nearly as wide as you would cut a sirloin steak—about one inch or narrower). Next, remove the cover of fat and sinew or skin over the strip, taking care to leave a firm connection of the flank part to the larding part. When trimmed, proceed with the larding, and tie with twine as directed for a tenderloin.

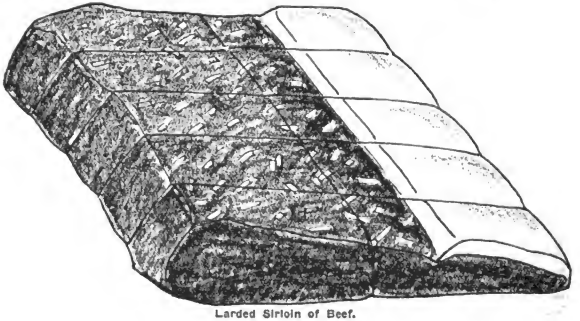
LARDED FILET MIGNON

For larded small tenderloin steaks, cut the strips of salt pork longer and heavier than for a whole tenderloin, allowing three strips to each fillet.



Braised Beef Short Loin.

Larded Tenderloin Mignon.



Larded Sirloin of Beef.

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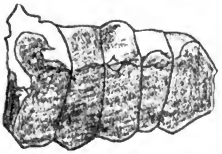
BEEF A LA MODE

To lard sauerbraten, or beef a la mode, the strips are cut about five-eighths of an inch square, and a special larding needle is used. The needle I use to advantage for this kind of



Beef a la Mode (prepared for Pot Roast, or Beef a la Mode).

larding is about a foot and a half length of broomstick handle, sharpened at one end, with which I make the hole, then push in the larding pork, first having pointed the strip. Try it; you won't want to use any other. After larding, tie with twine, when it is ready for the pickle.

FRICANDEAU OF VEAL

For larded fricandeau of veal, all the leg sections are commonly used.

The origin of names and classifications of the different sections of the leg of veal is French; and with the French chef the fricandeau is the flat or bottom section. The top section is the noix (kernel, in English). The next largest section is the sous noix (in French) and cushion (in English); but in common practice it is all one or the other, and, like the rose by any other name, is just as sweet.

In larding fricandeau of veal, first remove the extremely tough skin from the sections. (A provision of nature to protect the tender parts of a young and tender calf.) Then proceed to cover the upper surface with lardons of salt pork, cutting the larding strips the same size as those used for beef tenderloin.

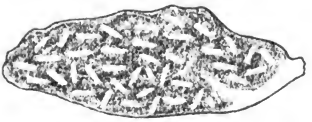
LARDED NOISETTES OF VEAL

Cut some slices from the kernels or cushions of veal, flatten them with a cleaver and trim in the shape you desire—oblong, round, diamond, or heart shape. Have some lardons cut about three and a half inches long and three-eighths of an inch square, allowing three lardons to each noisette, placed equidistant across the center of the noisette.

LARDED LOIN OF VEAL

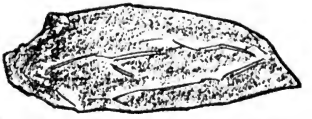
Remove the skin covering from the veal, leaving a part of the flank to be folded underneath.

Larded kernel of veal.



Larded fricandeau of veal

Flat fricandeau of veal.



Fricandeau, or Noix of Veal. (One of the choice sections of leg.)

Larded loin of veal.

Then lard the upper surface, after which secure it with twine ties.

This dish can be made of double or single loin, and with bone in or bone out.

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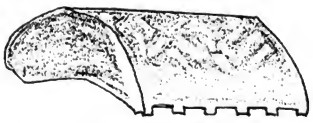
LARDED RACK OF VEAL

For a larded veal rack, the calf should be of a choice quality. An inferior veal is flabby and tough, and the rack being of such a loose nature, it is a very unsatisfactory article to lard, unless of prime quality. Trim the rack, and proceed as with the loin.

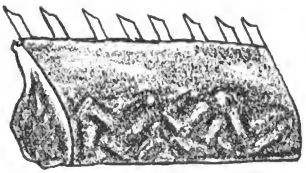
LARDED SWEETBREADS

The heart sweetbread is the choice one for larding or stuffing. Other grades are suitable for larding, but satisfactory results are only obtainable from the heart sweetbread.

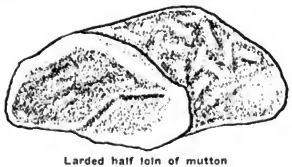
Cut the larding pieces somewhat longer than for beef tenderloin, and sew them thru the breads.



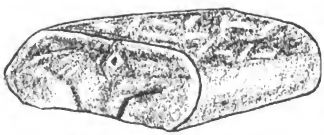
Larded rack of veal.



Larded rack of lamb.



Larded half loin of mutton



Larded whole loin of mutton.

LARDED RACK OF LAMB

The young spring lamb is mostly lean, and is often larded when used for an extra nice entree. Shape the rack, and remove the skin covering, when it is ready for the larding.

LARDED LOIN OF MUTTON OR LAMB

The loin of lamb or mutton lends itself nicely to larding. For this purpose they should be of a lean grade. They may be cut into half loins, or left whole. In using a whole loin, it is best to remove the bones to facilitate carving.

Larded veal chop.

LARDED VEAL CHOPS

Veal chops are nice larded. Choose the best chops of a good veal. Trim neatly, and lard them the same as veal noisettes.

LARDED GAME AND POULTRY

In larding game and poultry it is the general custom to cut a slice fitting the breast of the bird, and tie in position. It is common to lard them with cut lardons as for sweetbreads, etc.

WILD RICE

Along in 1912 wild rice could be bought for twelve or fifteen cents per pound. Now it costs fifty to sixty cents the pound. Several reasons have brought this about—a higher class of cuisine in which the chef uses it as a garnish for wild ducks; and market manipulation is another. I am informed that the supply is practically controlled by one man. Another reason is because of its scarcity.

To prepare: Soak and wash it well in several changes of cold water, then boil as you would ordinary rice. It is a novel and classy dish.

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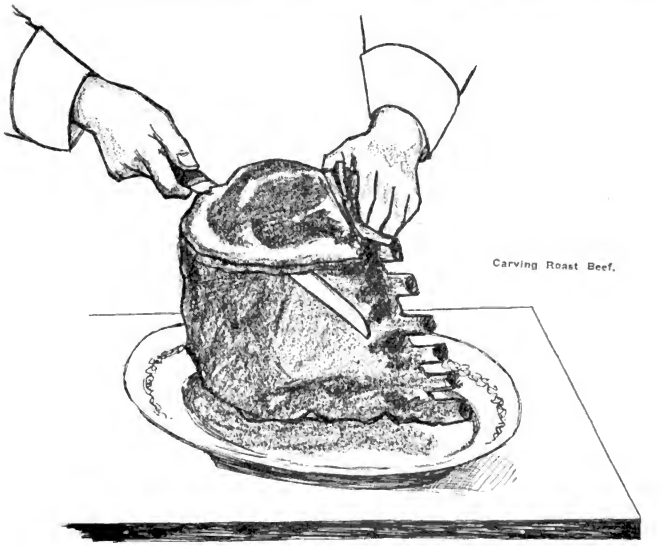

Carving Roast Beef.

CARVING

ROAST BEEF CARVING

Carving has fallen from its high estate of the past. I recollect, even in my time, where I was once employed as steward, that the proprietor always assisted me with the carving. It was a big first-class hotel in Cincinnati. In times past it was a generally established custom for the steward to carve. In these days it is all done by the cooks; and where they employ a butcher, it is often a part of his work to help with the carving. Some places attach so much importance to carving that they employ special expert carvers, and consider themselves well repaid.

The essentials for roast beef carving are a good roast of beef, well roasted, a sharp slicer, and, of course, a skilled carver.

I will say to those that would have carving as "easy as rolling off a log," to use a colloquialism, that it can't be done. Carving, of necessity, means a certain amount of effort. There are conditions and ends, to be met and gained. There is an easiest and best way, tho, and that is what I shall try to show.

If you are using heavy No. 1 ribs, they should be prepared the day before using, and placed in the oven at six o'clock in the morning. It ordinarily takes about five hours to roast a No. 1 rib, and it should "set" about an hour before carving. A roast right out of the oven does not carve nearly so well as one that has been left to "set" an hour.

Start the roast cooking with the rib side up, and let it remain in that position half the time required to roast it, then turn to other side and finish, only turning the roast once while roasting; and don't stick the fork into it. Place it with the large end toward the back of the oven, leaving the small end in the coolest part of the oven, towards the oven door. Roasted in this position, and with a cover (as illustrated) over the small end, the whole rib will remain rare. The percent of well done roast beef orders is so small that it makes this an important consideration.

In arranging the roast for carving, stand it

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in a large platter. Letting it stand directly on the hot carving stand without the protection that a platter gives, the end becomes too well done, and you lose four or five cuts of rare beef. The platter makes handling the roast easier and better.

After trimming the roast, cut off the end slice for an outside cut order, and set it aside. If you need it, cut apart one rib deep from the top end and set aside for well done beef. That depends largely upon the hotel. In commercial hotels well done roast is seldom called for; while in family hotels, or where there are many women and children, about one-third of the orders are for well-done cuts. In such places it is best not to protect the small end in roasting, but let it cook well done.

In slicing a cut of roast, don't hold the knife too firm or tight. Aim to slice the roast perfectly level, and carefully cut apart the connection of the roast to the rib bones, making that cut with the point of a boning knife, and keeping an incision or cutaway there of about an inch deep, so that in slicing across it will be a finished cut.

How many slices to the size of a roast beef? is a question that has a great many different answers, as so much depends upon circumstances. If a roast is cooked so that you can slice rare beef to its full extent, I estimate that a forty-pound rib should produce thirty to thirty-five orders of average size. That is the average of tests I have made. Following are some tests I have secured that vary greatly from one another:

Roast beef test, Hotel Sherman, Chicago, No. 1:

Untrimmed rib .....45¼ lbs.
Trimmed for roasting.....36 lbs.
Weight after roasting.....25¼ lbs.
Shrinkage .....10¾ lbs.

Carved:
Regular service slices.....35 orders
End slices ..... 5 orders
Listed on the bill of fare at 60 cents.

Roast beef test, Hotel Sherman, Chicago, No. 2:

Weight of rib.....40 lbs.
Short ribs ..... 6 lbs.
Shrinkage ..... 8 lbs.
Bone ..... 3 lbs.

Carved:
Regular service slices.....28 orders
End slices ..... 4 orders

These ribs were roasted extremely rare, which accounts for the comparatively low shrinkage of eight and eleven pounds. They serve a liberal slice at this hotel.

Roast beef test, Hotel Jefferson, St. Louis (An order of roast beef sells at this hotel for 65 cents):

38 lb. rib.....24 slices
42 lb. rib.....27 slices
45 lb. rib.....30 slices
50 lb. rib.....32 slices

The Chicago branch of the International Stewards' Association held a meeting at the Kuntz-Remmler Restaurant in October, 1912, and for their dinner a test roast beef was served, of which the following report was made:

Rib, forty pounds @ 27 cents = $10.80.

ART.CLE	Price	Amount
24 portions roast beef	@ 60 cents	$14.40
3 portions short ribs	@ 45 "	1.35
4 sandwiches	@ 35 "	1.40
4 portions hash	@ 50 "	2.00
		$19.15
15 pounds shrinkage		10.80
		$ 8.35
42% overhead charges		8.02
		$ .33

Mr. Kuntz, proprietor of the restaurant, estimated 42 per cent overhead charges. Henry Giebe, of the Stewards' Association, did the carving.

• • •

These tests do not take into consideration the "extra cut" which is listed on most bills of fare. The extra cut generally consists of a double thickness sliced with one spareribb attached.

Most stewards and chefs claim that there is little or no profit from roast beef, but this is due to the way it is disposed of. Officers are generally allowed to have prime roast beef; and others who are not allowed a choice often get it, such as pantry girls, checkers, storeroom men, linen room girls, etc. Give a dozen or so of such orders the rib cannot possibly be profitable. It is easy and ready to serve, and that has weight with the cook, and he is apt to encourage its selection.

I make it a practice to keep No. 2 ribs cut into two roasts and have one cooked each day for the officers in places that justify it.

Where there is good refrigeration that will permit of it, save the spareribs of beef for entrees; also the trimmings for hash, which will help the chef a lot toward making roast beef profitable.

ROAST TURKEY CARVING

In carving poultry an exact and regular system is important. Change it only for special orders from diner or employer. I have seen carvers work that would hardly ever cut two fowls alike; and that is a serious fault. The advan-

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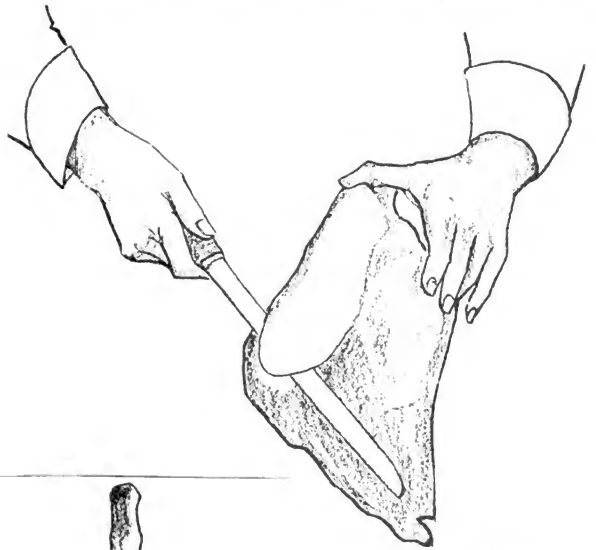
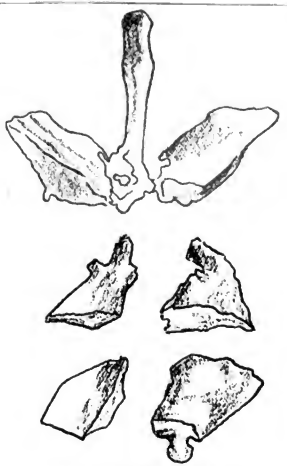


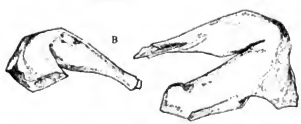
D—How to slice the breast.



C—The leg cut in six pieces.

tage in carving and serving a turkey is so that the whole fowl will be used, leaving only the breast bone. Make that the rule, and depart from it only when you have to. It requires an exact system to do it. That way is the most common one of turkey carving; but there are exceptions. In some of the higher grade places no bone is served with roast turkey, only the sliced second joint and breast being used.

The average amount of raw turkey to the order as purchased (only feathers off) is three-quarters of a pound. When cooked, the orders should weigh half a pound. That is allowing



A—Leg, full size; B—Leg, cut for backbone trim.

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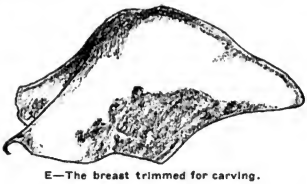
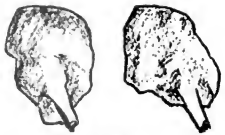
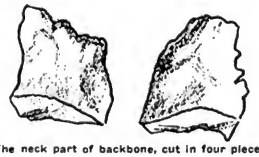


E—The breast trimmed for carving.



F—The unjointed wings.

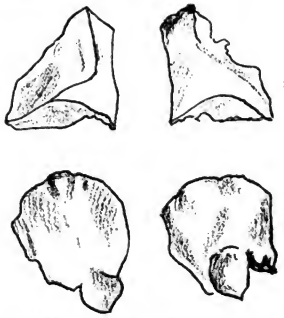


G—The neck part of backbone, cut in four pieces.

twenty-four per cent for refuse (entrails, feet and giblets), and nine per cent shrinkage if roasted stuffed. It will shrink more if roasted unstuffed.

It is a fair estimate, from tests I have made, that three quarters of a pound of market dressed turkey will produce one order of roast turkey, average carving with the bone in. Boneless carving would be nearly the same, but the size, or dimensions, would be less.

In following a system, make regular cuts of the legs, back and wings, as illustrated. To each order serve one of these cuts and three slices of breast, two if large. For this, a turkey weighing about twelve or fourteen pounds is best.



H—The second joint or tail part of back cut in four pieces; 1 & 2, "Oyster" part of backbone; 3 & 4, Tail part of backbone.

The weight of a turkey is important from an economical carving standpoint. I often see people go in raptures over a great big turkey; but it never was a chef. Some chefs cut the pieces smaller and serve two with each order.

Where it is certain that the whole turkey will be sold, it is best to cut up the turkey as illustrated, only leaving the breast to be cut as ordered.

There is an advantage in holding the breast. Hold it as illustrated, with the inside toward the carver, and slicing towards the carver also. You strike the grain when slicing the other direction, and it is harder to get the required thinness of slice.

The turkey illustrated weighed fifteen pounds, and produced twenty orders, with some trimmings for hash, etc.

For "backbone" orders, it is customary to cut the backbone in two pieces, lengthwise. Sometimes it is served whole.

For family table carving, where there can be no chopping, the carver must cut thru the joints only, and slice from the parts thus made.

ROAST GOOSE CARVING

The goose does not carve to the same advantage as the turkey. The refuse or unedible portion of a goose, as purchased, is about forty per cent. It sells for less and is worth less. Its long neck, useless wings, and excess of fat are against its economic standard. I must say, tho, that its fat is very welcome and useful to the chef, equal to butter. The same may be said of all poultry fat.

On an average it requires one and one-eighth

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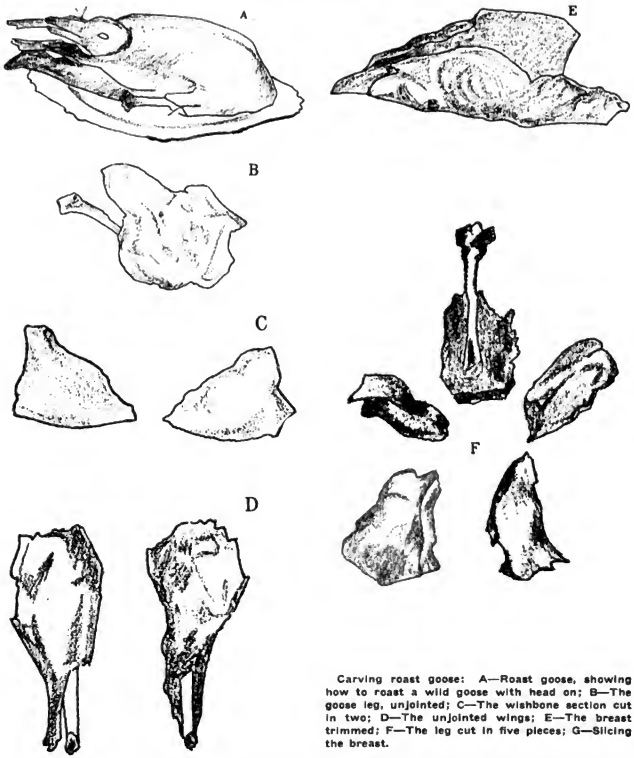

Carving roast goose: A—Roast goose, showing how to roast a wild goose with head on; B—The goose leg, unjointed; C—The wishbone section cut in two; D—The unjointed wings; E—The breast trimmed; F—The leg cut in five pieces; G—Slicing the breast.

pounds of goose as purchased to produce an order of roast goose, as carved, for European plan service. It is inferior in popular favor, too. Still, a good, fat and tender dish of roast goose is well received.

Much that applies to turkey carving can be applied to goose carving: Begin by removing the wings; next, cut apart the legs. In this it is important that you remove it neatly and entirely; do not pull it off, as is sometimes done, but use the knife in cutting the connection, that the entire leg may be preserved, leaving the carcass back bare; for, unlike the turkey, there are no back bone cuts practiced in the goose. Next, remove the wishbone section, cutting thru from the point of the breast bone. This will give you two pieces when cut in two, as illustrated, and it makes slicing the breast more proper and profitable. Many carvers make the mistake of leaving the wishbone in while carving the breast, and it is impossible to slice it clean and full that way.

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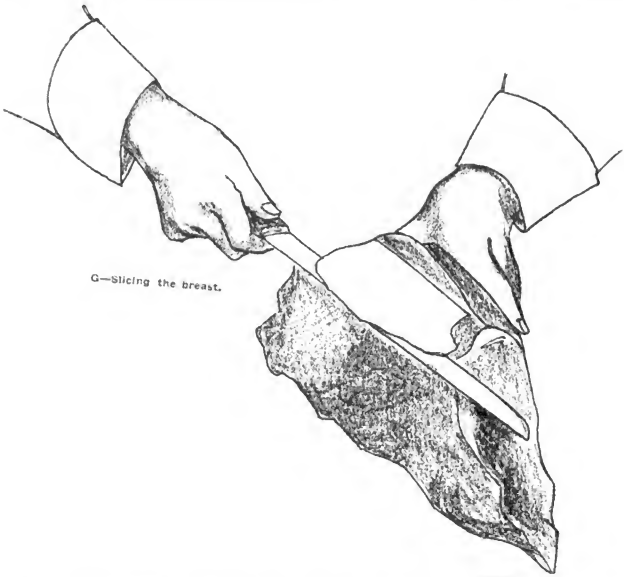

G—Slicing the breast.

In the illustrated goose the legs are cut into five sections, but could be, and often are, cut smaller. For first-class service, five sections is the standard. In all there are ten leg pieces, two wishbone pieces, and two wing pieces, which may be further cut once in two, and mixed with the leg, one piece of each. The breast sliced thirty slices. The goose weighed twelve pounds, cost eighteen cents per pound, and produced ten orders.

In carving the breast, make a cut clear thru the center along the ridge bone of the breast, cutting it thus on both sides of the ridge. Hold the goose directly on its back, and slice straight across as shown in the picture. Hold the knife at a slight angle of the length so that all the slices will be as long as possible.

One or two bottom pieces and three slices of the breast, with the dressing, is a standard portion.

ROAST DUCK CARVING

Roast duck is a comparatively poor seller; but we must have a change, and that is about the most that can be said in its favor. The great fault with it is that it is too often thin and bony; for the meat itself is quite delicious and generally relished.

A large thick-breasted Long Island duck is best carved like the goose. For the Western, or ordinary duck, it is generally chopped in four pieces (three if small), and two pieces served to an order. Some give three.

Then, again, another common way of carving duck, as practiced in the best places, is to split the duck in two, and serve a half duck to the portion. When serving a half duck to the portion, my favorite method is to remove the leg neatly, and then the half breast, entirely free of bone, and serve these two sections to an order. That is more acceptable and pleasing to the diner.

The refuse of an ordinary duck will average about forty per cent; but it carves up somewhat better than a goose, as more of the bone is served.

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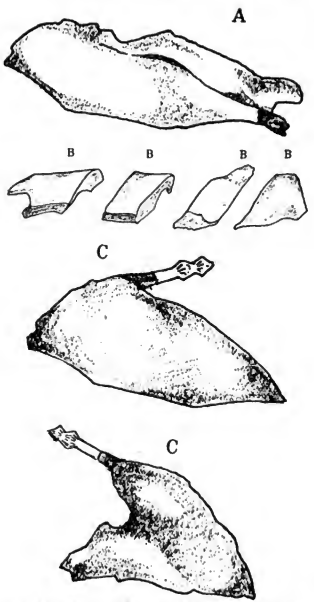


ROAST DUCK CARVING: A—Roast duck cut in half; B—The other half cut into four pieces; C—The half duck unjointed for one portion, making it less bony.

It will average about seven-eighths of a pound, as purchased, to the order, as carved, when cut in sections; but in halves it is higher—about one and a half pounds, or more.

ROAST SPRING CHICKEN CARVING

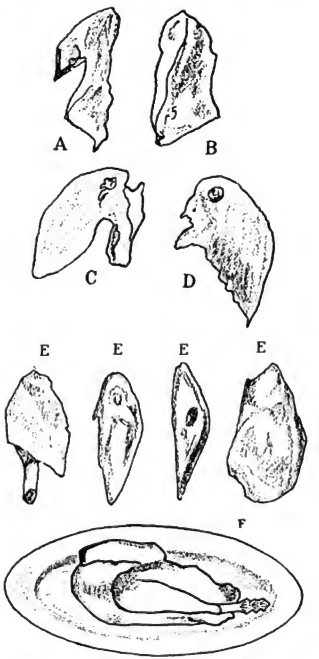
There are different methods of carving roast chicken commonly practiced. In some instances a whole baby chicken is served. A one-pound chicken is generally used for this.

Another method is to serve a half chicken, using about a two-pound chicken for this service. It is a popular dish with the chef; nice to handle; makes a nice order, and has the most success with the diner.

The most regularly recognized roasting chicken, as classed by the trade, is a chicken weighing about three or four pounds. This is the chicken that is packed and labeled "Roasters"; but it is mostly sold to private consumers, as the average chef much prefers the chicken that will cut in half to the single portion.

To carve a regular roaster: Choose the one that will cut into four orders of two pieces each, one piece of leg and one piece of breast, making eight pieces of the chicken. Three and a half to four pounds is the proper weight.

Begin by removing the legs, including the backbone, so as to give the pieces fullest size.



Carving roast spring chicken: A—Half the leg, showing how to trim the drumstick and leaving a part of the second joint attached; B—The other half of the leg, all second joint; C—The top part of the split breast; D—The inside part of the split breast; E—The leg, cut in four pieces; F—Roast chicken cut in half.

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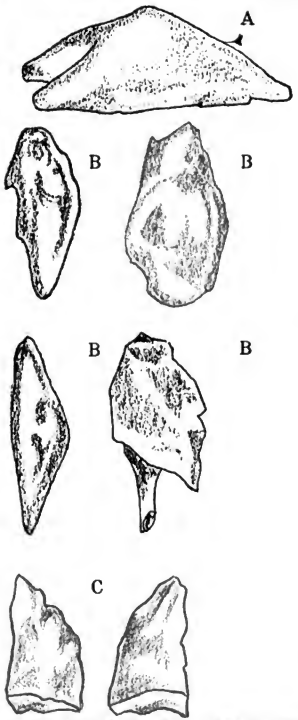

Carving capon: A—The breast trimmed for slicing; B—The leg cut in four pieces; C—The back cut in two pieces.

Cut each leg in two, and in making this cut follow closely the illustration. Note that one piece has a part of the second joint and the drumstick cut short. That makes a much better cut than leaving all second joint to one part, and all drumstick to the other, which is so often done. The diner that gets the drum stick is apt to complain, as well he might. By making the proper cut, there is little choice between the two pieces.

In carving the breast, cut it in four parts, by splitting each side lengthwise into two equal parts as near as possible. Be careful not to cut into the breast or side bone, but leave a fair thickness of meat to the inside slice. After cutting off the outside slice, remove the inside one by running the knife between the neck and shoulder bone, cutting it well apart. Next run the knife alongside the ridge bone of the breast. When these cuts are made, you can pull the inside half of the breast from the bones, which will give you a nice full slice. (See illustration of split breast of roast chicken.) Follow this by splitting the other side of the breast in the same way. Carved this way you will have four orders of good looking and evenly divided portions of one piece of breast and one piece of leg to the order.

The percent of refuse, or unedible part, to a spring chicken is large, all of forty-one per cent in chickens around two pounds, and nearly as much in roasters. But it does not figure that much in the carving or broiling, etc., for much of the bone is served.

Young chickens, as served, will average about one pound to the order, as purchased; quite an advantage over all other poultry when you compare prices of purchase with the prices of sale, as generally listed on the bills of fare. It is common to see turkey listed at fifty cents, and half broiled chicken seventy-five cents. The turkey should be priced the same as broilers ordinarily.

CARVING ROAST CAPON

The capon is generally used only in the highest grade places, owing to its high cost. The chef of a more modest establishment will often list it on his bill of fare and in its place serve hens, chickens, and, at times, a young hen turkey. The capon has the smallest percent of refuse of all poultry. It tends more to flesh and less to bones, so that the difference in weight as purchased and as carved is comparatively light, about twenty per cent; so it makes up some for its high cost in that way. At times, when the market is oversupplied, the price is brought within reach of more ordinary establishments. There has been a big development in this fowl, and the prices have a tendency to lower.

In carving a capon, begin by removing the legs, always taking care to do it neatly and fully with the aid of a knife. I have often seen this done more by pulling and tearing than by carving, with the result that parts of the leg are left to the carcass and lost for carving, being fit for scraps only.

After removing the leg, chop it into four pieces as shown in the picture. After finishing the legs, trim the breast of the capon as it is pictured.

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In doing this you will get two back pieces from the neck end. For an order, place one section of the back or leg on the dressing, and cover with slices from the breast.

CARVING CHICKEN FRICASSEE

In carving chicken fricassee, plan to show up the white meat well, and to hide the dark meat. The best way to do this is to split the breast lengthwise, as shown in the picture, and, as directed in roast chicken carving; only, when it is a hen, plan to have the breast divided into three equal parts. To do this cut the inside part of the breast into two pieces as shown in the illustration. In cutting the leg divide it into two pieces, and make the cut so as to make an equal division of the second joint. This is done the same way as directed in cutting the leg of a roasting chicken with the drumstick trimmed, as in the picture, with a part of the second joint attached. Cut in this way, a hen makes ten pieces: six pieces of white, and four of dark. There are more calls for white meat than there are for dark meat, and for that reason this way of carving chicken fricassee is the most advantageous.

In some places only white meat is used for chicken fricassee. In such cases it is the common practice of splitting the whole breast in two, and serving a half breast to the order, leaving it whole and garnishing with a frill on the wing bone.

For potpies, the hen is cut in small pieces; with the bone about all removed, if for baked potpie.

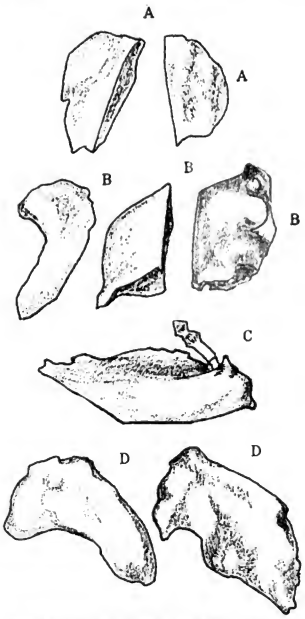
In the garde manger department the leg is not much used; not at all in the best places. They are set aside for special chicken leg entrees, etc., and the breast is only used, trimmed, as in the picture.

The comparative percent of refuse in the hen varies as carved. It will average about thirty per cent. The amount of the hen, as purchased, when compared to the amount when carved, is about one pound of raw chicken to the order when it is carved, making about two-thirds of a pound of carved fowl to the order.

GUINEA FOWL

Carving a guinea hen consists of simply splitting it in two, the same as an order of roast spring chicken, and serving a half guinea to the order.

For a gravy you can serve giblet or plain brown gravy. For a sauce: new red cherries, lemon cling peaches, fresh currant sauce, rhubarb or gooseberry sauce, Concord grape jelly, apricot compote, Italian prunes, quince marmalade, grapefruit salad, shredded pineapple,



Manner of carving chicken fricassee: A—The leg cut in two pieces; B—The breast cut in three pieces; C—A whole half breast portion; D—Breast split in two pieces.

huckleberry tart, fried bananas, stewed pears, damson plum jam, brandied fruit, orange compote, etc. These sauces may be used with the different kinds of poultry. Aim to have as big a variety as possible.

CARVING SPRING LAMB

In carving spring lamb the aim should be to equally distribute the different parts of the lamb. In carving baby spring lamb the standard is four pieces to the order; and in carving yearling spring lamb, the standard is generally three pieces to the order. Still, four pieces of yearling lamb is often served also.

A spring lamb will cut up into 120 pieces on an average, if the neck and breast are included. This would produce thirty portions when served

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Platter of roast spring lamb.

four pieces to the order. Yearling lamb sells for about forty cents per portion on an average. That, you can see, makes the fall or yearling lamb about the most profitable meat served.

For instance: a yearling lamb weighs thirty-five pounds, costs fourteen cents per pound, amount, $4.90; carves 120 pieces, making thirty portions; sells at forty cents per portion, amount, $12.00. There is usually little garnish to roast lamb, possibly a browned potato, a dish of green peas, or a dish of golden wax beans, and a side of mint sauce. Too bad it is not in better demand by the average diner.

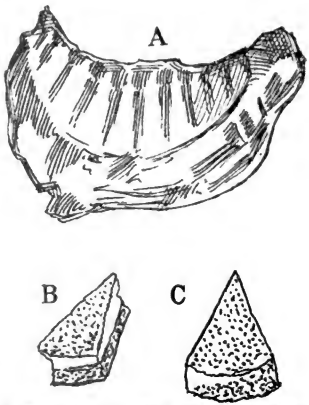
Compare that with a lamb weighing forty-five pounds, and you will get an idea of the importance of the size of food animals or articles, as there is only a slight difference in the cut-up generally.

The baby spring lamb, used for the test on spring lambs at Hotel Sherman, produced twenty-eight portions.

In the distribution of pieces for orders: Give one slice of leg or shoulder, one piece of breast, one piece of loin, and one of ribs, and so on.

The test lamb cut up thirty-six leg pieces,

Blocking leg of lamb for carving.



A—Breast of lamb, cooked, boned and pressed; B and C—Epigramee made of pressed lamb breast.

eighteen shoulder pieces, twenty-four rib pieces, sixteen loin pieces, eighteen breast pieces, and eight neck pieces, making 120 pieces in all.

As before mentioned, lamb is not always handled the same. Some chefs save the loin or breast, etc., for special uses.

A good use for the breast pieces is to cook them by steam or boiling; then bone and press them and cut into epigrams for frying or broiling.

CARVING ROAST VEAL

Carving roast veal is such simple work there isn't much to be said about it. The main thing is to have it well butchered; boning and tieing it well. Cut it across the grain in neat slices, about one-half or two-thirds of a pound to the order, as carved. The average refuse of a side of veal as purchased is about twenty-two per cent, and at its price is a very profitable meat to the hotel or restaurant. The trouble with roast veal is that it is such a poor seller. You can sell it better in most any other way than roast veal, but the chef wants a change, so he persists in roasting it.

ROAST PORK

Roast pork and apple sauce is an old classic. I frequently change the listing from apple sauce to fried apples, apple fritters, baked apple, stewed prunes, apple jelly, rhubarb sauce, gooseberry sauce, etc.

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Method of carving whole Virginia ham, beginning at shank end.

Platter of carved roast pork, with browned potato garnish.

There is little to say about roast pork carving. When roasted in loins, cut in slices, serving two slices to the portion, one of rib and one of loin. Some serve three slices, cutting them thinner. A good help to roast pork is to serve a nice apple, onion, or sage dressing with it.

The average refuse of pork loins is twenty per cent.

ROAST PIG CARVING

For carving the suckling pig to advantage, it should be split in halves for roasting.

Have a sharp roast chopping knife, and chop it in proper pieces. Two pieces to the order is the portion most generally served. When roasted whole unjoint it by cutting off the shoulders and the hams; split the remaining carcass, and chop these joints into the proper size for serving.

For the large pigs: They are best butchered as described in the article on pig butchering, and carved in the same manner as given for spring lamb carving; i. e., serving three or four pieces of the different parts to an order.

The average refuse in pigs is about thirty-five per cent, but it doesn't all figure in the carving.

CARVING ROAST HAMS

The most common way used in roasting a ham is to first boil it whole; then trim off the skin and edges, sprinkle with sugar, and glaze in the oven.

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I use a different method with sugar cured hams, finding it more economical, practical, and profitable. Instead of cooking it whole, I prefer to trim it, split it in two, boning the back part and tieing it; and also tieing the horseshoe part. In this way it is much easier to cook and better to serve, and there is less waste in the way of scraps and trimmings.

Boned and tied back of ham, for roasting.
Blocked and tied horseshoe part of ham, for roasting.

For Virginia hams and the like: They are best left whole, as they have such an old and dry cure that they are difficult to handle any other way.

The average refuse of ham is light, only being about ten per cent in the average ham; and as the portions weigh light as carved, it is a profitable meat to handle.

CARVING MUTTON

The most common piece of mutton used for roasting is the leg. There is not much to say about it. Block and bone in the same way as described and illustrated for the leg of lamb, and slice across the grain.

Roast mutton doesn't sell much, but it is a change, a popular priced dish, and profitable, so the average chef is friendly with it.

The loin of mutton is most too classy to use for a roast. You can make a better and more profitable use of it as an entree of some kind, such as English chops, tournadoes, braised, etc.

The average refuse on a leg of mutton is only about fifteen per cent. It is a good article to push, but you will have more success with it as a combination boiled dish than you will as roast mutton.

Too many employers allow their responsibility to end with the employment office.

TREATMENT OF WOUNDS

Cuts and burns frequently occur in the kitchen and should not be neglected. I have had several cases of serious blood poisoning thru neglecting the proper care of a wound, and I know of instances in which it has caused death. A cut should be treated with an antiseptic at once. Alcohol (not wood alcohol) is one of the best treatments to apply. Iodine is all that can be desired. Hydrogen peroxide is another. Don't wrap a cut with cloth any more than you can help. Peroxide retards healing more than iodine. Gasoline is a good wash for cleaning a wound; so is soap and water. Don't use collodion; it keeps out the air.

For scalds and burns: Soak immediately in a strong solution of common cooking soda and water, then dress with oil. A bad burn needs a doctor's care.

GRINDSTONES

The grindstone is an article of great concern to the cook; but is often badly neglected and abused. I rank it as one of the most important articles of equipment of the kitchen, to both employer and the cook. A cook cannot possibly do justice to butchering and carving with dull knives, and the same applies to all the cutting done. A dull slicer will soon waste more roast beef or turkey than a good grindstone costs.

Most of the places where I have worked have had poor grindstones, badly located. They should be in the light, in good repair, and of good quality of stone. It is the exception, however, when you find these favorable conditions.

HOT SANDWICHES

A very noticeable feature of present day catering is the sandwich—especially the hot sandwich. They are a prominent feature of popular priced and quick lunch places, and many of the best hotels run one or more hot sandwiches each day.

As generally made in the European plan hotel, two slices of bread are laid on a platter, side by side; then the sliced meat is placed on the bread, over which is poured the gravy (real gravy, not the messy kind), and alongside it a garnish of mashed potatoes. When well put up, they make a nice luncheon.

Suggestions for hot sandwiches:

Hot turkey sandwich, browned sweet potato.
Hot minced chicken sandwich on toast.
Hot capon sandwich, oyster sauce.
Hot fresh ham sandwich, country gravy.
Hot minced chicken sandwich, a la King.
Hot roast turkey sandwich, chicken gravy.
Hot chopped beefsteak sandwich, chili sauce.
Hot sliced chicken sandwich, egg sauce.
Hot roast beef sandwich, au jus.

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FISH

The care and preparation of fish varies in different places. In some large hotels they employ a fish butcher who has it all to attend to. In most places the garde manger cook passes all fish orders, and the scaling and cleaning is done by the chicken butcher, the fireman, or the panwasher.

Since the price of meats has risen so high, it has increased the consumption of fish, and the up-to-date steward and chef are paying fish more attention. Formerly it was the general custom to have but a few fish listed on the bill of fare, but at present you will often see ten or fifteen listed, and it is featured as much as the entree. Some places have daily specials of fish, and a big variety, prepared in various ways; the purpose being to sell as much fish and as little meat as possible. With present comparison of prices most fish can be handled more profitably than meat.

The percentage of refuse in fish is high, 40 per cent on an average; but it does not figure so high as it is served or purchased, and when compared with poultry, it figures a better service per cent. While it loses to meat in this respect, it leads meats in respect of average prices, and in weight of portions as compared with the purchase weight and service weight.

The best selling fish have the least per cent of waste as a rule. Such fish as halibut, red snapper, bluefish, fresh cod, trout, salmon, etc., are drawn, and may have the head off, too. Individual fishes that weigh a pound generally sell at a good profitable price, such, for instance, as individual black bass, pompano, sole, and others. It is safe to say that fish is more profitable than most meats. The Childs restaurants, for instance, list fish every day now, whereas formerly they only served it on Friday.

Many chefs make it a practice to have fish entrees, especially during Lent and all Fast days.

When listing a large variety of fish on the bill of fare it is best to have all but a few cooked to order, as most of them cook in eight or twelve minutes.

There is little stability in the market price of fish. Much depends on supply and demand. If the catch has been poor, owing to storms or other cause, the prices go up. When fishing is good, with a big supply, they go down. There is generally a new schedule of prices every day, but the consumer as a rule reaps less advantage than the dealers, thanks to refrigeration.

For fish cleaning, a stout pair of scissors, a scale scraper, and knife are the needed tools.

Whitefish.

WHITEFISH

In its own section of the country the whitefish of the great lakes is as much of a food staple as granulated sugar. The dealers are never out of whitefish. If there is no fresh the frozen can always be had. Whitefish suffers severely from cold storage, as it is of a rather delicate flavor and texture. Much of the frozen fish is marketed during the season that the fresh may be had, as it sells for less than the fresh, owing to the dealers wanting to replace it with a fresh supply. The fresh whitefish has become so generally high-priced that ordinary places cannot afford to handle it. There is more profit in the average meat dish than there is in whitefish at eighteen or twenty-five cents per pound, the latter being a common price for Jumbo whitefish.

Jumbo whitefish.

The weight of a fish is an important consideration for the chef. It should cut into a certain number of portions, which varies in different places. An average standard portion of whitefish is two-thirds of a pound. Some serve half a pound, and some serve a pound. The price on the bill of fare should regulate the size of the portion.

The Jumbo whitefish is supposed to begin at five pounds up.

For planking, the large fish is much the best, but, owing to its high price, comparatively few places use it. One ingenious steward, I learn, has resorted to the expedient of doubling the small fish for planking, laying one piece on top of the other.

One of the best tests you can put fish to is

Planked whitefish.

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to broil it. Whitefish takes one hundred per cent in that test. When fresh it will broil to the color of 22 carat gold.

Whitefish generally has first place in the heart of the diner or chef who knows it. The pity of it is the cold storage article!

The per cent of refuse in whitefish is high, as caught, over fifty per cent.

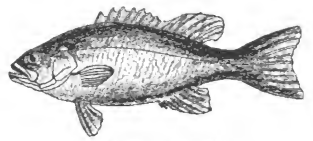
One reason that fish is often more profitable than meat is that it is generally better butchered. There is not so much chance of going wrong with a fish in that respect, as there is in meats. The cuts are few and simple in fish.

BLACK BASS

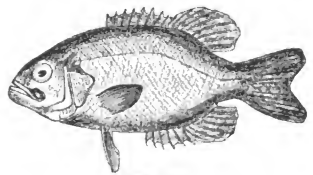
The black bass is one of the most universally popular of our fishes, both to the diner and the fisherman. There are two species of bass, the big mouth and the small mouth, with numerous varieties of each. It is extensively planted, and generally thrives well. For the man that likes fishing, the black bass is one of his best loves. It is plucky, brave, and game to the last when hooked; a pulling, rushing, leaping fighter that thrills your whole being.

Black bass is a game fish and protected by the game laws. It is one of the high-priced fishes, and only a limited class of places can afford to handle it. It runs high in refuse, too,

Big-mouth black bass.



Small-mouth black bass.



Rock bass.

about 55%, but it doesn't all figure as served, it being served with the head on.

The favorite black bass for serving is the individual one-pound bass. The two-pound bass cut in two is a choice size also. The Jumbo bass cut in four is next. When split in two, leave the head on; but for the four piece bass the head is best off. The smaller ones are generally cut into fillets; that is, boned and skinned halfs with the heads off, three fillets to the portion.

STRIPED SEA BASS

The striped sea bass is generally to be had of inland dealers, and is a nice fish when fresh, especially for boiling and baking. The great

Striped sea bass.

fault with this fish is that it is a poor keeper, much of the shipped supply being bad, especially if it has been frozen. This fish can be had from one up to twenty-five pounds in weight. The edible portion of a striped bass is about the same as a black bass when of equal size, about 45 per cent edible.

BLACK SEA BASS

The black sea bass has become quite plentiful, a lot of it being frozen. It keeps but little better than the striped bass, its belly rotting

Black sea bass.

very quickly. Most of this fish supply is small in size; ranging from one to two pounds. This fish will average sixty per cent in refuse. It has a big head and tapering body to tail.

Other common varieties of the bass fishes are the white bass, yellow bass, rock bass, and fresh water striped bass. These are all small and used for frying whole, or panfish as they are generally called.

HALIBUT

The halibut is one of the best of food fishes. It is generally liked, has great food value, is comparatively cheap, in unlimited supply, and very little waste, the refuse being only seven or eight per cent. It is a nice fish for the chef to handle. It can be broiled, fried, baked, or

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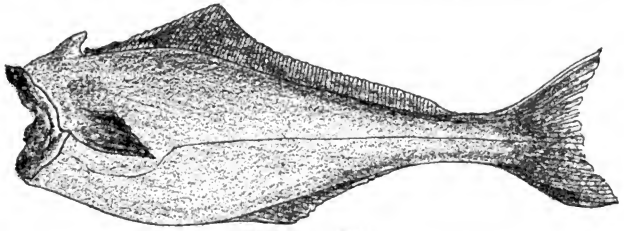


Halibut, as purchased.

boiled, which is a big advantage.

When the halibut is young and small it is commonly called "chicken halibut."

The extra large halibut are of an inferior quality. It stands cold storage comparatively well. It is a useful fish to the chef in banquet service. He commonly makes it take the place of various kinds of fish, such as fillet of sole, fillet of flounder, and English turbot. It is equally well received by the high and the low. In whatever way you consider halibut, it rates well.

SALMON

The salmon no doubt takes first rank as a food fish, certainly in quantity.

There are five species of sea salmon. They are the quinnat, which is also known as the chinook and king salmon and comes mostly from the Columbia and Sacramento Rivers. The red salmon, also known as the blueback, which is the main supply of the Alaska salmon canneries. Next comes the silver salmon; followed by the hump-backed salmon; and last and least, the dog salmon.

Of these, the quinnat is rated much the best, and sells for much the highest price. The red or blue back, ranks next in quality and price, followed by the silver, hump-back, and dog salmon in the order named.

There is also what is known as the steelhead salmon, but by the naturalist it is classed as a trout.

The best way to distinguish the quinnat or chinook salmon is by the tail. The genuine has little black spots on its tail. It is the largest of the salmon family, weighing as high as one hundred pounds. As a fresh fish the salmon is not a best seller, its greatest value being as a canning fish.

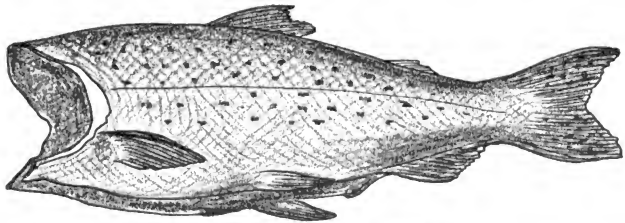
The landlocked salmon is a fresh water salmon.

The refuse of the salmon is about 35%, but much of it comes to market with the head off and drawn, which lessens the per cent of loss to the consumer one-half.

The most popular ways of serving salmon are in form of steaks and fillets, boiled and cold. It is also a nice fish smoked, and in salads.

CODFISH

The fresh cod is one of the greatest of food fishes. A great amount of it is consumed fresh, but probably a greater amount of it is salted.



Quinnat or Chinook salmon, as purchased.

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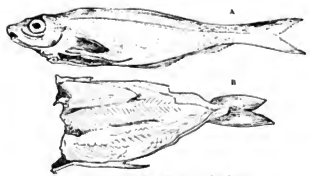
Fresh codfish as purchased, head off and drawn.

Much of the salt cod on the market, the cheap brands, is in reality haddock, a much inferior fish.

The refuse of fresh cod runs from about 45 to 55 per cent, but it is generally marketed with the head off and drawn, so that the per cent of loss to the consumer is comparatively light. This fish is best scalloped, boiled, or fried in steaks. The cod is generally well liked, and ranks with the best as food.

HADDOCK

The fresh haddock is one of the cheapest of fresh fishes, and that is based on its real value. As a fresh article of food, it is very inferior. It has little or no flavor. In fuel value it is



A—Haddock; B—Finnan haddie.

one of the lowest. Its flesh is soft and crumbles, and it is generally marketed with the head on, no doubt because of its cheap price. In refuse it will average over fifty per cent.

The haddock owes most of its commercial success to the fact that it is with this fish that finnan haddie is made. As haddie it is a very welcome food.

The fresh haddock is best baked in a white sauce.

TROUT

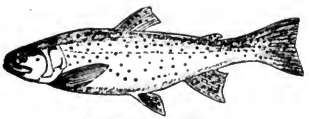
There are many varieties of trout. The leading trout as food is the trout of the Great Lakes. Immense quantities of these are caught, and it is a fish staple of first rank in its section of the country. From most every standard of test it ranks high. The large ones are generally too fat, and it suffers, in common with the whitefish, from cold storage (it being such a popular and desirable fish that the dealers never allow the supply to run short, keeping it up with the cold storage article). It possesses

Lake trout.

many advantages for the chef. It can be prepared in all ways. Its price is comparatively reasonable, and it is a good seller. Its per cent of refuse, as marketed, is about 35 per cent.

BROOK TROUT

There are many varieties of this class of trout. It is a game fish, and so protected. This is the classiest of all fish in every way you take it; in price, in sport, or in food. Only the highest grade places serve this fish. The dealers charge from fifty to eighty cents a pound for the choice varieties. They are



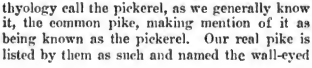
Speckled brook trout.

graded in size, from one to three fish being served to an order of the smaller species. The favorite manner of serving them is fried with brown butter, commonly called "meuniere." There are some large varieties that are not so choice or expensive, such as the steel head, lock haven, and rainbow, unless it is when they are fingerlings, or small.

Brook trout makes a swell cold dish.

PIKE

The pike of commerce is a fine food and sport fish. It is different to the pike of science as classed by the naturalist. Authorities on ichthyology call the pickerel, as we generally know it, the common pike, making mention of it as being known as the pickerel. Our real pike is listed by them as such and named the wall-eyed



Wall-eyed or yellow pike.

Sanger or sand pike.

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pike, the sauger or sand pike, and others little known.

The sauger pike is the one generally used as "baby" or individual pike. The wall-eyed pike grows to a large size. As food, it is one of the best of fresh water fishes. It is best fried or baked, but can be boiled or broiled. The per cent of refuse in pike is large. It has a rather large head, and a big per cent of entrails and bones. It will average over sixty per cent in unedible portion as caught.

PICKEREL

The pickerel is common and cheap. It is not relished as food, being full of forked bones and of inferior flavor. Many places use it on account of its low price. When it is skinned for cooking, it loses much of its unpleasant

Pickerel.

taste. It is the shark of fresh waters, and therefore greatly disliked by the sportsman. It is very thrifty and numerous in spite of not being protected by the game laws. Rather than not catch any fish at all, the average angler welcomes a strike from it. It has nearly fifty per cent refuse.

PERCH

The perch is a low priced and popular food fish. There are many varieties, both of salt and fresh water. The white is the most common of the sea perch, and is a nice pan fish, weighing around a pound. The yellow is the leading fresh water perch. There is a Jumbo

Yellow perch.

grade, weighing nearly a pound on the average, but the great supply is of a smaller grade.

The full refuse of perch will exceed sixty per cent, but as served it is only about 35 per cent.

THE SHAD

The shad is a great food producer when its roe or eggs are considered. The fish itself is not much of a success. It has a peculiar rancid flavor, and an extreme amount of vicious bones that prevent its being patronized as food. Its roe, however, is a great delicacy and a most

Roe shad and shad roe.

popular article of food. There is a big cold storage supply of roes and when not frozen oo long, they are very acceptable.

The canned shad roe has come into recent use and is extensively used. They are cheap and delicious, they are preferable to the cold storage roes.

The best way to handle roe is to blanch them gently but well in a flat pan, so as not to have them lay over one another, using salted water with some skim milk added. They are more quickly broiled or fried in this manner, and it overcomes their tendency of being too dry. The shad will run seventy per cent of refuse on an average. That is extremely high. But few regret it.

BLUEFISH

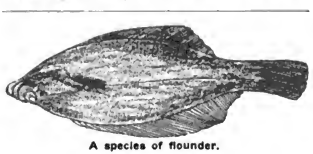
One of the most desirable of sea fishes is the bluefish, and it is shipped to all inland markets. To be at its best it should be quite fresh, as

Bluefish.

it quickly gets soft after being caught. Large quantities of it are put in cold storage, but it does not stand the treatment well. It is best broiled or baked. Bluefish as we get it, with entrails removed, will run nearly fifty per cent refuse. It has a large head.

FLOUNDERS

The flounder is a common and popular sea fish. There are numerous varieties of this flat fish. The chef is generally fond of it as it makes a good classy fillet that can be served in



A species of flounder.

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great variety of ways. It is often served whole, when of order size, but the favorite method of preparing it is to cut the meat from the bones in four fillets, or sections, lengthwise along the lines of its natural division.

Fishermen of the seas often trim the fillets themselves from the fluke, skate, and other varieties of this fish, and sell them in this form; but of course this kind of fish food is not shipped.

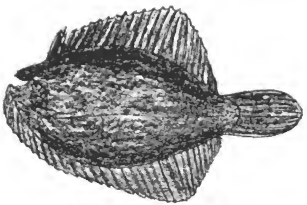
The flounder is popular with the chef for banquet use, as it is generally satisfactory and nice to handle.

For a modest priced banquet the chef frequently cuts and serves halibut to serve the same purpose of sole or flounder.

There is a big per cent of refuse to the flounder, over sixty per cent, on an average; but served as fillets the orders, as served, are generally light—under half a pound.

SOLE

Not once in a hundred times that you see sole on the bills of fare is it really served. Ninety-nine times and more it is halibut, or some kind of flounder. The real sole of science



A species of domestic sole.

is comparatively scarce and high. Genuine English Channel sole is one of the most costly of fishes and it has to be a Blackstone to serve it. Our domestic sole are scarce, and mostly consumed at the sea shore. While I was at the Del Monte Hotel of Monterey, Cal., I had a most delicious sole every day that was caught in the bay. I never saw this fish shipped inland. It has about the same per cent of refuse as the flounder, which it resembles in shape.

KINGFISH

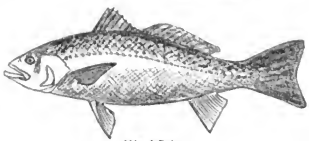
This is another classy sea fish, the most of which is kept for home consumption, but you often see it listed on the bills of fare in all sections, especially if the chef is from New York. It is quite a bony fish, much like our

Kingfish.

pike, and the per cent of refuse is nearly sixty per cent.

WEAKFISH

The weakfish is a popular seaside fish both for food and sport. It is comparatively scarce,

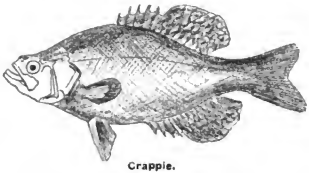


Weakfish.

and a rather poor keeper, so that little of it gets inland. It is a fine food fish, and weighs from one to two pounds on an average, with about fifty per cent refuse.

CRAPPIES

The crappie is a relative of the bass. It is a choice pan fish. There is quite a large supply of the order size, but more of them run two to an order. It is a game fish, and is a favorite



Crappie.

with the angler. They keep together in certain haunts, and when they are in a biting mood you can fill the boat with them, but you must have live minnows for bait. Crappie is often misspelled croppie.

SUNFISH

The sunfish is one of the most common and plentiful of the fresh water lake fish. There

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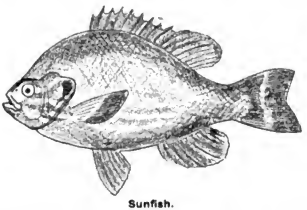

Sunfish.

are several varieties of them. When of a good size they cannot be excelled as a pan fish. They are so eager for the hooked worm that few of them survive to maturity, and it seems, from my experience of fishing for them, the biggest ones get the first helping of the aforesaid worms. They are so small that they are hard to scale. A good plan is to scald them, like a chicken, for scaling.

CATFISH

The man that gave catfish its name did a great wrong. He brought an undying prejudice against a meritorious food fish, I am sure. In fresh fish fuel value the catfish is only equalled by one other kind, the salmon. Some varieties of catfish are delicate and most delicious. The channel catfish is probably the best. It is rather scarce and commands private sale generally. The blue cat is a choice variety also, as are some of the sea catfish. The Mississippi cat is a big and very inferior kind. It seems to be dying out by extermination. As caught, with the head on, it has a large per cent of refuse, but as purchased when large, drawn, and head off, it figures only about twenty per cent refuse.

Channel catfish (distinguished by its forked tail).

MASKALONGE

This fish is highly prized as food by connoisseurs, and by the anglers. It is generally given first place of the fresh water game fish. It is protected to such an extent by the game laws, and so scarce, that it is not a market commodity of much consequence. "Boiled maskalonge, egg sauce," or "baked with dressing" are the favored ways of serving it.

MACKEREL

The mackerel is a most important and numerous fish of many varieties. The most common food varieties are the fresh and Spanish mackerel. When you consider the preserved and fresh supply, the fresh mackerel takes place with the leading food fish supplies. There is always a full market supply of this fish, the frozen replacing the fresh. The cold storage article is not much good when frozen too long. It averages about forty-five per cent in refuse. As a fresh fish food it does not sell very well; it has a peculiar and strong sharp taste that does not meet with general favor. In fuel value it is above the average. Broiling, and sometimes baking, is the general manner of serving the mackerel when fresh. The Spanish mackerel is not used for salting, but much of it is preserved by canning and smoking.

Fresh mackerel.

Spanish mackerel.

SMELTS

The smelt is a great favorite. There are two common varieties on the market, the silverside and the blue smelt. This is a very small sea fish, and three to six are served as an order, unless they are of the Jumbo grade, when less are served. In the Pacific ocean they have

Silver smelt.

Blue smelt.

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a variety that is of quite large size, one of which is often enough for an order. They are commonly served fried whole, or boned; also broiled, and stuffed and baked. These fish are quite a favorite for banquets.

POMPANO

The pompano is a highly praised and expensive sea fish, and generally conceded to be one of the best of food fishes in point of delicacy. It is quite plentiful, and commonly served in the better places.

A high priced fish is generally hard to dispose of, as the average diner gives preference to something more solid when he has to pay

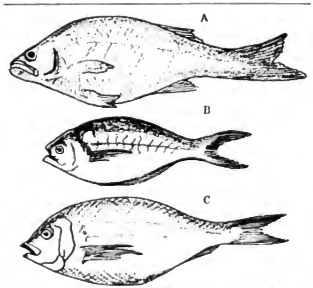
Pompano.

the price. That is no doubt the reason the pompano sells so poorly. Then, again, the frozen article is often served, and fish suffers more than any other food in this respect. It is a common occurrence for the diner to ask whether fish or poultry is cold storage before he will give his order.

The refuse of pompano will average about 45 per cent. The favorite way of serving it is in fillets, saute meuniere.

OCEAN PAN FISH

There are a lot of small sea fish used for frying, or pan fish. Some of the most common and popular are the white perch, porgies, and butter fish. These varieties can ordinarily be had at inland markets. They are popular and low priced, and make a good addition to the list of fish.



A—White sea perch; B—Butter fish; C—Porgie.

CISCO

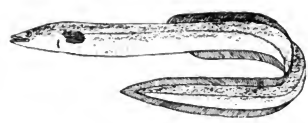
The genuine cisco is a scarce fish. Most of the fish served under this name are the common lake herring, which is plentiful and cheap.

Cisco.

The real article comes mostly from Lake Geneva, Wis., and Lake Tippecanoe, Ind. It is a small fish, and requires about two to the order. Saute meuniere is the favorite way of serving it.

EELS

The eel has always been quite a well favored food fish, of which there is a great variety, both of fresh and salt water kinds. It is most too

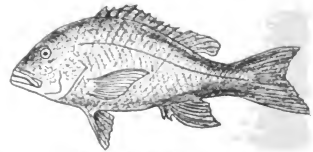


Common eel.

fat for the average diner, and as a fresh food article, it is in poor demand. It is extensively preserved by canning and smoking. When served fresh it is most commonly stewed or fried.

RED SNAPPER

The red snapper is the source of a big food fish supply, of which there is always a full cold storage article. It is one of the cheaper fishes, and largely favored for that reason. As



Red snapper, as caught.

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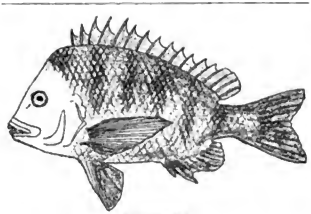
caught it is high in refuse, but as purchased it will run under fifty per cent. Baking and boiling is the most common way of cooking it.

SHEEPSHEAD

In some sections the sheepshead is plentiful and quite popular. It is cheap, and altho



Sheepshead.

rather bony with a large percentage of refuse, it is otherwise a very satisfactory article of food.

SWORDFISH

On the Atlantic coast of the United States the capture of swordfish forms a regular branch of the fishing industry. The supply is confined to adjacent territory. What is not disposed of as fresh meat is pickled in brine, and nearly every New England grocery store keeps a barrel of salt swordfish, which is generally preferred to salt mackerel. Swordfish is a most acceptable article of food, and has many points of excellence. It is nearly all solid meat and has a very low percent of refuse. In food value it ranks with the best. In flavor it is fine, much like bluefish. In texture it is coarse; the thick, fleshy, muscular layers resembling the halibut. The meat is sold in steaks and is fine broiled or boiled. The Atlantic coast species attains a length of 12 ft. and a weight of 400 pounds.

There are many species of the fish, such as spearfish, sailfish, garfish, etc. The geographical range of the various species of the swordfish is well nigh world-wide. The Mediterranean is a noted fishing ground for one species weighing up to 100 pounds and of a most excellent quality. Its pugnacity of nature is in keeping with its physical equipment, which makes it the most formidable fighter of the seas, and it readily vanquishes the shark or whale in combat.

They are hard to catch. Professional fishermen harpoon them from a "pulpit" in the bowsprit of a formidable sailing craft, as a fighting swordfish would quickly demolish a dory or row boat. It is claimed that the plague of man-eating sharks on the Atlantic coast, recently, is largely due to the fast diminishing swordfish, which formerly kept the sharks away.

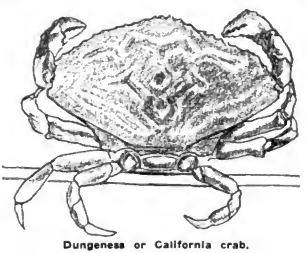
CARP

The carp is the most despised and despicable of all fish. As a food it is about the lowest of any with a pretense to such. It is the sparrow of the waters, a sucker that will not take the angler's bait, but gets his living largely by robbing the nests of his betters and thus exterminating them. Wherever it gets planted, there is little chance for other species. It has become a scourge, and no expedient yet tried has been equal to its extermination. Any one who has had a lake fall to its prey can appreciate what I say and feel. If it only would bite like the sunfish, we would soon be rid of this pest!

There are food fishes, other than those mentioned, that are in common every day use, that need no special comment, such, for instance, as bulk oysters, clams, shrimps, scallops, frog legs, soft shell crabs, etc.

DUNGENESS OR CALIFORNIA CRAB

A fish food that has come into recent local (Chicago) prominence, is the Dungeness or California crab. It contains sweet and lumpy meat. All the leading dealers keep a good sup-



Dungeness or California crab.

ply of these delicious hard shell crabs. They are cooked in the shell by boiling before being shipped. They are commonly served cold, cut and cracked, like cold lobster. They are nice served Ravigote style, by cutting their own shell in two and stuffing them with the meat the same as any other crab meat, ravigote.

Fresh crab meat is so expensive that comparatively few places use it. A good substitute is the Giant crab meat, canned in Japan. It can be used in the same manner as the fresh for chafing dish specials, salad, cocktails, etc.

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When using crab meat for a cheap banquet or entree the chef often mixes flaked cod, whitefish or halibut with the crab meat as an economical expedient and subterfuge.

OPENING OYSTERS

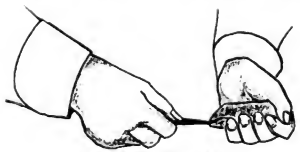
In many places there is no regular oyster opener, and it falls to the cook to do it, so a few lines about this work may not be amiss.

The oyster has what is called the flat, or shallow, shell, and the deep shell. The flat shell is dark in color, and is the bottom shell on which the oyster rests. The deep shell is much lighter colored than the flat shell, and is the top shell.

To open an oyster: Hold it with the flat or dark shell up, and the deep, or light, one down.

There are three ways of opening an oyster commonly used. One is to begin at the hinge end of the oyster; that is, the end where the shells are joined together. Place the oyster knife in the joint securely; then twist the knife to break the connection. Don't push on the knife. That is the most common fault of those opening oysters. After having the knife well placed in the joint, merely twist the knife. If you push on it, you make a hard job of it, and are liable to run the knife into your own hand. Besides, you are apt to give the oyster a good slash in the liver, and so unfit it for good service. Hold the knife easy, only twisting it enough to break the joint. After breaking the joint, cut the "eye" loose from the dark shell, and remove it. Then cut the oyster loose from the other, or deep shell.

Another way often used is to hold the oyster in the same way with the flat and dark side up, and begin at the side right opposite to the 'eye." First look to see where the dark shell and the light shell come together, and at that line run in the point of the oyster knife, aimed at the "eye." Do this easy, too. It takes but little force to get the knife in here. The most important thing is to strike the right place. The common mistake is made here, as in the other way, of pushing too hard. The easier you can do it, the better. After you have the point of the opener in, twist it just a little from side to side, aiming at the eye. Cut the eye from the top side first, and remove it, and cut loose the deep shell afterward.



Opening oyster from end.

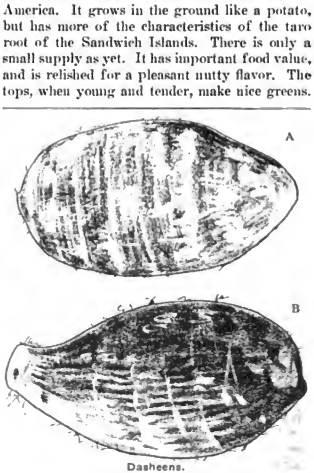
Opening oyster from side.

Some orders are for oysters served on the flat shell, as the diner figures that he is surer of getting fresh opened oysters that way; those opened ahead, if any, being on the deep shell.

A third way of opening oysters is the one used to open them in large quantities. That is done with an oyster anvil, and a heavy steel oyster knife. The mouth end of the oyster is broken on the anvil to make room for the pointed end of the knife, with which the opening is finished. This method is best for the large varieties of oysters.

DASHEENS

The dasheen is an old Chinese vegetable that has come into some recent notice and use in America. It grows in the ground like a potato, but has more of the characteristics of the taro root of the Sandwich Islands. There is only a small supply as yet. It has important food value, and is relished for a pleasant nutty flavor. The tops, when young and tender, make nice greens.



Dasheens.

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GARDE MANGER REFRIGERATION

The most important part of the garde manger department is the refrigeration. It is here that is kept all the delicatessen supplies, cold meats, part of the perishable green groceries, cooked salad supplies, prepared garnishes for soups and entrees, aspics, galantines, ready sauces, croquette preparations, à la carte soups, a lot of opened and partly used supplies, expensive relishes, cold entrees, etc. It is a big storehouse of more or less expensive and perishable supplies, the very life of which depends on good refrigeration. In modern hotelkeeping it is about the most important interest of the kitchen.

BONED FOWL

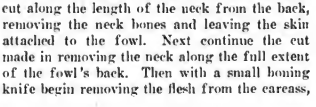
This work is done in the garde manger departments, when they exist.

Special poultry should be ordered for this. Poultry that has been frozen any length of time, scalded or drawn, is not suitable. They should be fresh and dry picked; and if drawn before boning, it leaves a big hole that must be sewed up before filling.

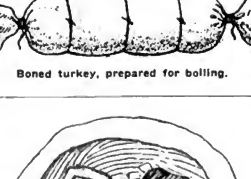
First singe the fowl, turkey, capon, chicken, or whatever it may be (the same directions will apply to all). Begin by cutting off the feet a little above the knee joint; the wing at the second joint; and with the neck, cut the skin an inch or two from the head around the neck, and then cut along the length of the neck from the back, removing the neck bones and leaving the skin attached to the fowl. Next continue the cut made in removing the neck along the full extent of the fowl's back. Then with a small boning knife begin removing the flesh from the carcass, taking care not to cut through the skin, and not to leave any meat on the carcass.

When you come to where the wings and legs connect, cut thru the joints, leaving the wing and leg bones in until you have removed the main carcass. The hip joints are hard to run the knife thru, owing to their socket construction, so use the cleaver to disconnect them, but tap lightly, as you may otherwise rupture the skin. When you reach the point in the breast bone be cautious, as a cut in the skin is easily made here; also over the backbone. Having finished the main carcass, there still remains the wing and leg bones, which are to be carefully removed, operating from the inside, pulling through the skin of wings and legs as you would pull a coat sleeve inside-out.

Before stuffing, distribute the meat evenly, placing the fillets in the neck region, and spreading the second joint.



Boned turkey, prepared for boiling.



Slice of boned turkey.

BONED FOWL FILLING

To make the forcemeat most commonly used for boned fowl: Take one part veal, one part fresh pork, and one part chicken flesh. (Some omit the chicken.) Use enough of these meats to properly fill the boned fowls. Chop or grind them fine, then work in the mortar. Season with sherry, brandy, salt, pepper, and nutmeg; add eggs and cream. Rub thru a sieve or tammy.

To fill the boned fowl: Spread the fowl on table, covering the inside with a layer of forcemeat; then garnish with strips of larding pork, tongue, truffles, pistachio nuts, laying them alternately lengthwise of the fowl. Cover these with a layer of forcemeat, then place another layer of garnish, and cover with the forcemeat.

The garnish can be made in a variety of ways. The idea is to give the sliced galantine a mosaic effect when sliced. When filled, draw the edges together and sew them on, when it is ready to wrap and tie in a cloth, to be boiled and then pressed.

SMOKED CORNED BEEF

For the garde manger department smoked corned beef is a comparatively new dish, and a good addition for the à la carte or European plan of service. It sells at about twenty-five cents per pound. In warm weather, with potato or cabbage salad, it is in good demand.

FEMALE LOBSTER

In the case of the female lobster, Rudyard Kipling's imputation does not apply, for, in this case, the female of the species is the best, at least for eating. An order for broiled lobster frequently comes to the kitchen with the stipulation that it must be a female.

There is an infallible way of identifying the

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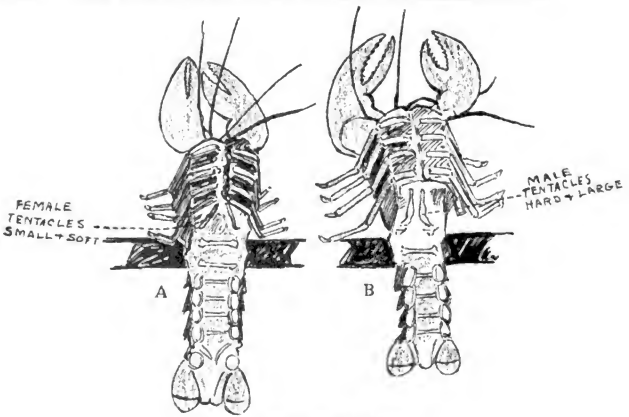

A—Female lobster; B—male lobster.

male and female. On the under side of the lobster's tail there are some tentacles, a row on each side, extended the full length of the tail. In the male lobster you will find the first pair of these, at the end of the tail nearest or toward the head, are of a hard bone formation, while those of the female are of a soft, leathery and pliable formation. So, when you get an order for female lobster, examine these little tentacles on the tail, and choose the lobster with a soft pair of tentacles as described.

LIVE GREEN TURTLE

I was once employed as head butcher in a large hotel where they had a standing order for one live green turtle each month during the turtle season. (In hot weather turtle soup is not in demand, and it is a closed season for them.) It was part of my work to butcher these turtles.

At the present time the average large turtles that reach the market sell for about twenty-two cents per pound, and weigh from 125 to 160 pounds. The larger ones are generally sent to the canneries.

It is a common saying among cooks that there are seven kinds of meat in a green turtle. The meat for which they are so highly prized by good livers is the delicious gelatinous green substance that comes from the shell which appears so after it has been cooked. It is not all of a green color; part of it, mostly from the lower shell, being white. This is the part that is cut into dice and served in soup. There are some cheap brands of canned green turtle on the market that contain lean, fat, liver, and green, all mixed, but the way it is prepared by the classy chef is the one I shall give.

In butchering a turtle first hang it by the hind fins with either rope or meat hooks. Then cut its head off. They are perfectly harmless, but on feeling the knife will draw in the head, which can be prevented with a hook or fork. Let it hang over night to be well drained of blood.

Begin by removing the lower shell. This can be done while hanging, or by laying it over a garbage barrel. In removing this lower shell first cut all around the edge, then cut it off, much the same way as you would remove the skin of a calf, not leaving any meat to the shell. Chop this shell into about four pieces and set aside. Next empty the turtle of its entrails, saving the heart and also the eggs, if any. Then remove the lower quarters, cutting as much with the knife as you can, and finishing with the cleaver. Remove the forequarters in the same way. You then chop the back shell into six or eight pieces. From the quarters remove what you want of the meatiest parts for turtle steak, which sells pretty good as an entree. Next, remove the skin from all the quarters or fins, and bone, saving the meat to be ground up as

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you would for consomme meat to be used in clarifying the turtle stock later on, and saving the bone for stock. Blanch the pieces of shell in boiling water for a few minutes, and remove the outer skin. Treat the head in the same manner.

Next, proceed to make the stock, using all the bones and shell. As soon as the shells have boiled enough, take out and remove the white and green gelatinous substance to be cooled and cut into dice for the soup.

When the stock is finished, proceed as you do with consomme, adding about twice as much chopped shank beef as you have of chopped turtle meat; and the shank bones should be added to the turtle bones in making the stock. To each turtle use about four beef shanks.

A turtle weighing 150 pounds prepared in this manner will produce about four gallons of strong, clear green turtle soup. Divide the diced substance into gallon jars and fill with the finished stock.

Green turtle soup commands a high price, and when made in this manner is well worth it, as the finished article contains rich wines and other garnishes. It is a king of soups.

The above preparation costs about $10.00 per gallon.

In making clear green turtle soup, consomme may be added; and in making thick soup add espagnole or brown sauce.

Vegetables in the Kitchen

A new idea in the service of vegetables is introduced in Hotel Sherman, Chicago, kitchen, by Chef Stalle, who has designed a refrigerator with sliding doors on top; the box two-deck, surrounded with brine pipe, and further cooled with brine.

In the upper compartment, covered with the sliding doors, there is kept the different vegetables at call from the bill of fare stored in stone jars; all these vegetables cooked, and kept cold, sweet, in shape, and sanitary, awaiting the à la carte order.

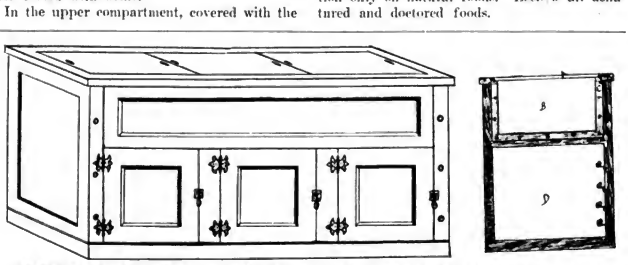
Against this refrigerator, not more than four feet from it, is a battery of steamheated cookers, similar to oyster cookers. When an order for any particular vegetable is received, the cover of the refrigerator is moved over to give access to the jar containing it; a portion, or as many portions as may be needed, taken from the jar, placed in a cooker with the amount of fresh butter and seasoning needed, when the steam is turned on, and in from one to three minutes, the vegetable is ready for service, hot and with flavor unimpaired.

The under part of the refrigerator is used for reserve storage of cooked vegetables for replacing emptied jars in the upper compartment as needed.

Commenting on the refrigerator Mr. Stalle said: "I believe that the vegetable refrigerator where the stone jars are kept ought to called a cold bain-marie. When I originated that idea it was with the intention to have the jars in a bain-marie of cold water; but as the refrigerator system was two-story—the water freezing all the time—I had to keep the jars without water, and they are plenty cold enuf. The refrigerator is high enuf so that when we need more working table for the preparation of the vegetables, the top is covered and used as a table."

Chew and Eschew

Advice on eating: Cultivate the Gladstone chew. Fletcherize. Give your teeth chew action only on natural foods. Eschew all denatured and doctored foods.



VEGETABLES REFRIGERATOR DESIGNED BY CHEF ALBERT STALLE: A, sliding cover, 3 sections; B, Bain mari to be used with or without water, to keep cooked vegetables in stone jars; C, Double galvanized iron tank full of brine, or salt water; (O), Coils; D, Vegetable refrigerator with movable shelves; E, Door.

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Explanation of Dishes Named in The Butcher, Carver and Garde Manger Articles

TENDERLOIN GOULASH, BERCHOIX: The ends and trimmings of tenderloin made into a brown stew containing a julienne of mushrooms, carrots and celery.

EMINCE OF TENDERLOIN, LEGRAND: This dish is usually made of left-over cold roast tenderloin, which are sliced rather thin and stewed in espagnole sauce and garnished with sliced fresh mushrooms and noisette potatoes. Left-over tenderloins mignon or raw tenderloin may be used.

SLICED TENDERLOIN AND MUSHROOMS, EXCELSIOR: Same as for LeGrand, except add a garnish of marrow fritters.

CASSEROLE OF TENDERLOIN, HUSSARDE: A small tenderloin served in a casserole with hussarde sauce and Parisienne potatoes. (Hussarde sauce is a brown fine herb sauce with grated horseradish.)

TENDERLOIN RAGOUT A LA MINUTE, EN BORDURE: A rich brown stew of tenderloin with small button mushrooms; served with a mashed potato border.

SIRLOIN A LA MINUTE, PARMENTIERE: A sirloin cut "a la minute," sauted in butter and garnished with diced potatoes tossed till browned in butter and seasoned with garlic and minute sauce (demi-glace and garlic).

TWO-MINUTE SIRLOIN, POTATOES ALBERT: A two-minute sirloin cut same as for one minute, but somewhat thicker. Saute in butter and garnish with Albert potatoes.

TWO-MINUTE SIRLOIN, SPECIAL FRENCH FRY: Same as above, except change of potato garnish.

THREE-MINUTE SIRLOIN, POTATOES O'BRIEN: This steak is cut same as for the two-minute sirloin, except that it should be cut thicker with a corresponding increase in price. Saute the steak; serve with a steak sauce of butter or demi-glace and garnish with potatoes O'Brien.

THREE-MINUTE SIRLOIN, RATHSKELLER: Garnish with a mushroom sauce and potatoes au gratin.

SPECIAL SIRLOIN, HOTEL METROPOLE: Use a one-, two- or three-minute steak. Garnish with mushrooms, potato croquette and Sauce Reform.

CASSEROLE OF HALF SIRLOIN, PARISIENNE: Cut the steak as directed and saute. Serve in a casserole with a Parisienne garnish consisting of Parisienne potatoes, small round scooped carrots, button mushrooms, green peas and espagnole sauce.

HALF SIRLOIN SAUTE WITH FRESH MUSHROOMS: Same as above. Serve on a platter and garnish with fresh mushrooms, brown sauce and potato julienne.

HALF SIRLOIN WITH MARROW SAUCE, POTATO AU GRATIN: Serve with a brown sauce containing poached marrow and garnished with au gratin potatoes.

COMBINATION HALF SIRLOIN, COLBERT: Garnish with a strip of bacon, potato croquette, fried egg plant and Colbert sauce.

T BONE SIRLOIN, POTATOES CHATEAU: Cut the steak as directed; saute in fat; serve with butter or thin brown sauce and garnish with chateau potatoes.

T BONE SIRLOIN, SEMINOLE: Same, garnished with a potato rissolee, stuffed green pepper and asparagus tips.

T BONE SIRLOIN, CHIEFTAIN: Garnish with eggplant cut in dice and sauted in butter, Parisienne potatoes rissole, and bordelaise sauce with marrow.

FLANK STEAK ROSTBRATEN: Fry the flank steak and then stew them in brown sauce containing onions, mushrooms and tomatoes. Serve with the sauce and garnish with spatzel.

POTTED STEER FLANK STEAK WITH NOODLES: Same as above, except the garnish of noodles.

SPECIAL FLANK STEAK A LA CONGRESS: Cooked same as above but served in casserole and garnished with a potato rissolee and stuffed onion.

GRILLED FLANK STEAK WITH BACON RASHER: Cut the flank steak in several pieces, cutting across the grain; broil these pieces and serve with three strips of broiled bacon and hot butter.

STUFFED FLANK STEAK, BONIFACE: First fry and next stew the steak in brown sauce until good and tender. Take it out of the sauce and stuff on one side with duxelle. Place in the oven to gratine. Serve with marrow fritter, potato chateau and sauce bordelaise with mushrooms.

ESTERHAZY ROSTBRATEN WITH MACARONI NEAPOLITAN: Usually a steak cut as for the three-minute sirloin is used for this dish; or a plain steak. Fry the steak first, then finish cooking it in the same manner given for the flank steak. Dish up on a platter and garnish with the sauce and macaroni Neapolitan.

PRIME SIRLOIN ROSTBRATEN, CLUB STYLE: Same as for Esterhazy. Garnished with potato fondante and stuffed mushrooms.

STEAK ROSTBRATEN, HOLLAND HOUSE: Same as above. Have the sauce highly seasoned with paprika. Garnish with grilled tomato and noisette potatoes.

HAMBURGER STEAK, LYONNAISE POTATOES: Prepare the steak as per directions. Fry in melted butter or other fat. When cooked, serve with a garnish of Lyonnaise potatoes and a little brown sauce.

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HAMBURGER STEAK WITH GRILLED SPANISH ONION: Same as above. Garnish the steak with some rather thick slices of Spanish onions. It is a good plan to have the sliced onion partly cooked by steaming before broiling. Serve brown sauce and garnish of parsley.

BRAISED HAMBURGER ROLL, BERLINOISE: Mold the hamburger meat into rolls, wrap them in oiled manilla paper and place in the oven to cook. Garnish with smothered onions, browned potato and gravy.

GRILLED SALISBURY STEAK WITH BACON: Prepare the Salisbury as directed. Mould into steaks; roll in bread crumbs and butter; place to broil; then serve with a garnish of broiled bacon and a little brown gravy.

BROILED SALISBURY STEAK WITH FRENCH FRIED ONIONS: Same as before. Garnish with French fried onions and brown gravy.

COMBINATION SALISBURY STEAK, CAFETERIA: Broil the steak. Garnish with French fried onions, small French fried potatoes, bacon and bordelaise sauce.

CHOPPED STEAK SANDWICH, CHILI SAUCE: Prepare the chopped steak. Mold into thin slice and fry quickly. Place on two slices of bread and cover with a sauce of half chili and half brown sauce.

CHOPPED STEAK SANDWICH, MASHED POTATOES: Same as before. Garnish with mashed potatoes put thru a bag, and brown sauce.

CHOPPED STEAK SANDWICH WITH MARROW AND SCALLOPED POTATOES: Same. Garnish with a brown sauce containing poached marrow and scalloped potatoes.

BRESLAUER STEAK AND BACON: Having prepared the breslauer steak preparation as directed, mould into steaks, then either broil or fry. Garnish with strips of bacon and brown sauce.

BRESLAUER STEAK WITH FRESH MUSHROOM SAUCE: Same, garnished with a mushroom sauce and julienne potatoes.

BRESLAUER STEAK WITH POTATOES O'BRIEN: Same. Garnish with brown sauce and O'Brien potatoes.

GERMAN POT ROAST WITH NOODLES: Prepare the beef as directed and marinate the meat in a sour and spiced pickle with claret wine two or three days. Braise the meat in the oven along with a mirepoix of assorted vegetables and spices. After removing the beef to a saucepan prepare the sauce from the braising pan; strain it over the meat and let it cook until very tender. Serve the beef in slices covered with the sauce and garnished with noodles and a browned potato.

BRAISED LOIN END OF BEEF WITH GLAZED VEGETABLES: Have the beef prepared same as for pot roast given above. Garnish with glased onions, carrots, turnips and browned potato, brown sauce.

BEEF A LA MODE WITH BROWNED POTATO AND SPATZEL: Same as above, except it should have more vinegar. Garnish with browned potato and spatzel. (Spatzel is a batter made of flour, eggs and milk strained thru a very coarse sieve into boiling water. When cooked strain well, then saute in butter and add chopped parsley.)

OLD-FASHIONED PLAIN STEAK, SAUCE CREOLE: Cut the plain steak as described. Fry it in a very hot pan and serve with a creole sauce.

THREE-MINUTE PLAIN STEAK, LYONNAISE POTATOES: Same as old-fashioned steak. Garnished with lyonnaise potatoes and brown gravy.

LOIN END STEAK AU JUS, BAKED POTATO: A plain steak garnished with a baked potato and jus.

PRIME BEEF SHORT RIBS WITH SPECIAL BAKED POTATO: Prepare the short-ribs as directed. Place them in a roast pan containing sliced vegetables and mixed spices. Cook in the oven. When well browned, remove the short-ribs to a saucepan and prepare the sauce from the roast pan in which ribs were braised. Strain the sauce over the ribs when finished and place on the range to cook slowly until well done and tender. Dish up with a garnish of special baked potato and the sauce.

CASSEROLE OF SHORT RIBS, CONGRESS: Prepare the ribs same as above. Serve in a casserole with a garnish of vegetables, browned potato, and the brown gravy.

SHORT RIBS OF BEEF, POTATOES AU GRATIN: Same. Serve with the sauce and a garnish of potatoes au gratin.

OLD-FASHIONED SHORT-RIBS WITH BROWNED POTATOES: Same, garnished with browned potato.

BOILED BEEF SHORT-RIBS, SAUCE CREOLE AND BOUILLON POTATOES: It is best to leave the short-ribs whole for boiling; then slice rather thick into portions. Serve with a sauce Creole and garnish with bouillon potatoes (potatoes cut into quarters with a julienne of celery, onions, bacon and chopped parsley boiled in the beef bouillon.)

CASSEROLE OF BOILED BEEF SHORT-RIBS WITH VEGETABLES AND BOUILLON: Boil the short-ribs; cut into portions; place in casserole with a garnish of fancy cut vegetables. Cover with their bouillon and serve a side dish of horseradish sauce.

SHORT-RIBS OF BEEF, SPANISH STYLE, POTATOES O'BRIEN: Braise the short-ribs; stew them in Spanish sauce and dish up with a garnish of potatoes O'Brien.

BOILED BEEF WITH STUFFED CABBAGE, MUSTARD SAUCE: The brisket is best for boiling. Place on the range with some carrots, onions

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and celery in the water. Let cook until very tender. Serve in slices with a garnish of leaves of cabbage that have been parboiled and wrapped around a ball of duxelle stuffing and braised, mustard sauce and a plain boiled potato with chopped parsley.

ENGLISH BOILED BEEF AND VEGETABLE COMBINATION: Same as before with a garnish of boiled cabbage, carrots, turnips, onions, parsnips and potatoes; horseradish sauce on the side.

BOILED BEEF WITH SPANISH SAUCE AND BOUILLON POTATOES: Same, garnished with bouillon potatoes and Spanish sauce.

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WHOLE VEAL TONGUE, POLONAISE, CORN FRITTERS: Boil the veal tongues; peel and trim them. Garnish them with a porridge of bread crumbs and milk, corn fritters and parsley sauce.

BRAISED VEAL TONGUE WITH SPAGHETTI ITALIENNE: Prepare the veal tongues as above, then braise them. Serve with an Italienne sauce and garnish with spaghetti Italienne.

LAMBS' TONGUES, PASCALANE IN BORDER: Parboil the tongues; skin and trim them; stew in a fine herb sauce with wine. Serve on a platter with sauce over and a border of mashed potatoes.

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GERMAN BOILED DINNER: Boiled fresh pork shoulder and frankfurter sausage, sauerkraut, onions, carrots, turnips and potatoes.

SCALLOPS OF FRESH PORK, CREOLE: Cut the shoulder into slices; bread and fry them. Serve with a Creole sauce.

BRAISED PORK SHOULDER WITH CANDIED SWEET POTATOES: Bone and tie the shoulder as described. Braise; garnish with candied sweet potatoes and gravy.

BRAISED SHOULDER OF PORK WITH PUREE OF LENTILS: Same as before; garnish with puree of lentils and gravy.

ROULADE OF FRESH PORK, BOHEMIENNE STYLE: Use the boned and tied shoulder as above. Garnish with mashed turnips, mashed potatoes and gravy.

KASSLER RIPPCHEN WITH RED CABBAGE: Boil the smoked pork loin; garnish with red cabbage slaw, boiled potato and gravy.

LITTLE PIG CHOPS WITH MASHED POTATOES, OWN GRAVY: Cut the chops from a thirty-to forty-pound pig. Season and flour; fry well done and brown. Three chops to a portion. Garnish with mashed potatoes and country gravy.

LITTLE PIG CHOPS WITH FRIED APPLES AND SWEET POTATOES: Same, garnished with fried apples and browned sweet potato.

LITTLE PIG CHOPS, COUNTRY STYLE WITH CORN FRITTERS: Fry three small chops; garnish with corn fritters, country gravy.

BRAISED FRESH HAM WITH RED WINE SLAW: Bone, roll and tie a fresh ham as described. Place it in the oven to roast. Garnish with a hot slaw made of red cabbage, using red claret in it; brown gravy.

BRAISED FRESH HAM WITH PRUNE COMPOTE: Use ham same as above. Garnish with some stewed prunes and a potato.

BRAISED FRESH HAM WITH SAUERKRAUT: Same; garnish with sauerkraut, potato and gravy.

BRAISED FRESH HAM, DIXIE STYLE: Braise the fresh ham as before directed. Garnish with black eyed peas and sweet potatoes, brown gravy.

FRESH HAM STEAK, COUNTRY GRAVY, MASHED SWEET POTATOES: Cut the fresh ham steak as described. Season and dip it in flour; fry to a nice brown. Serve with mashed sweet potatoes and country gravy.

SAGED LEG OF PORK, BROWNED SWEET POTATOES: Bone and tie the leg before roasting, making a gravy from the pan it is roasted in. Season the gravy with sage, pour over the pork; garnish with browned sweet potato.

PORK TENDERLOIN AND SWEET POTATO IMPERIAL. See page 42.

ROYAL BAKED POTATO AND GRILLED IRISH BACON: Serve a large baked potato—the Northern Pacific kind—have it piping hot. Open it up and insert a lump of butter, and serve with it a couple of full-sized strips of broiled Irish bacon. (To get a novel and best effect: Have the bacon cut in full strips, sawing thru any bones met with. Don't make the mistake of boneing and cutting it in strips to match the ordinary bacon. You lose the distinguishing features of Irish bacon when you cut it to resemble ordinary bacon.)

BOILED SHAMROCK AND BACON WITH SPINACH GREENS: Boil the bacon. Serve it with whole leaf spinach plain boiled and garnish with a boiled potato with chopped parsley.

COUNTRY SCRAMBLED EGGS WITH RASHER OF IRISH BACON: Scramble three eggs country style. Place them on toast and garnish with broiled Irish bacon same as with baked potato.

SUGAR CURED HAM HASH WITH FRIED EGG: Hash any cold remnants of cooked ham you may have; mix it with hashed potatoes same as for corned beef hash; fry it in an omelette pan; mould nicely. Serve with a single fried egg on top and pieces of toast on either side.

MAJESTIC HAM HASH AND POACHED EGG: Same, using a poached egg in place of the fried egg.

HAM STEAK WITH GERMAN FRIED SWEET POTATO: Cut a ham steak as described, fry it and garnish with German fried sweet potatoes.

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HAM STEAK WITH SPINACH PATTIE AND MASHED POTATO: Fry the ham steak; form a pattie of minced spinach in a timbal mould to garnish one side; and garnish other side with mashed potato. Ham's own gravy.

COMBINATION HAM STEAK, OTHELLO: Fry the ham steak; garnish with an egg fried in deep olive oil, fried eggplant and potato cake. Ham gravy.

GRILLED HAM STEAK WITH SWEET POTATO CHIPS: Broil the ham steak; garnish with sweet potato chips.

BOILED VIRGINIA HAM WITH LEAF SPINACH: Soak the ham over night. Boil it slowly and well done. Garnish with plain spinach, a boiled potato and demi-glace.

BRAISED VIRGINIA HAM AND CANDIED SWEET POTATO: Soak the ham over night and boil it, then finish by glazing in the oven. Garnish it with candied sweet potatoes and sauce madere.

VIRGINIA HAM GLACE, WASHINGTON STYLE: Same as above, garnished with green corn au gratin, sweet potato glace and sauce madere.

VIRGINIA HAM AND EGGS, COUNTRY STYLE: Fry the Virginia ham and the eggs together, then place in the oven to glaze a moment.

COMBINATION COLD SLICED VIRGINIA HAM AND CHICKEN: Soak the ham and boil it very well done. Bone it, wrap it in a cloth, then press it several hours. Slice it very thin, serving it with alternating slices of chicken breast. Garnish with shredded lettuce and potato salad.

OMELETTE WITH MINCED VIRGINIA HAM: Dice what trimmings of Virginia ham you have and use in the omelette.

FLAKED VIRGINIA HAM AND SCRAMBLED EGGS: Slice the ham into thin flakes and mix with the scrambled eggs. Serve on toast.

PIG'S FEET, STE. MENEHOULD: Place the feet to boil, adding some vegetables and aromatics. Let simmer slowly till well done. Let them cool in their own liquor. Remove, split in two, bread them, broil them. Serve with hot butter and mashed potatoes.

STUFFED FRESH PIG'S FEET, GASTRONOME: Boil as above; bone them, stuff with sausage filling, wrap in oiled paper, braise. Serve with potatoes gastronome.

OLD-FASHIONED SOUSED PIG'S FEET: Boil them as above and let the liquor reduce to just enough to cover them. Serve cold with the jellied liquor. It is best to add white wine in boiling these.

COLD BONELESS PIG'S FEET, SALAD WALDORF: Boil them thoroly; bone; place in a mold to press; remove from mold, slice. Garnish with Waldorf salad.

FRIED FRESH PIG'S FEET, SAUCE MAGENTA: Boil and bone the pig's feet; bread them with eggs and bread crumbs; fry, and serve with a red bearnaise sauce.

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MERCHANT'S COMBINATION LOIN MUTTON CHOPS: Cut two chops from the loin; season, dip in flour and fry. Garnish with bacon, kidney, fried tomato and potato croquette; brown gravy.

LOIN MUTTON CHOP SAUTE, WITH KIDNEY: Same as above; garnish with kidney and julienne potatoes.

BERKSHIRE MUTTON CHOP WITH SPECIAL BAKED POTATO: Cut a Berkshire chop as directed. Broil, and garnish with special baked potato and kidney.

BRAISED SADDLE OF MUTTON, BRITANNIA: Prepare a saddle for braising as described, garnish with carrots, turnips, string beans, potato Anglaise and caper sauce.

CASSEROLE OF ENGLISH MUTTON CHOPS WITH PEAS AND TURNIPS: Cut the chop as directed. Fry it. Serve in a casserole with a garniture of small scooped turnips, green peas and brown gravy.

OLD-FASHIONED IRISH STEW WITH DUMPLINGS: Stew the mutton chuck cut into small squares with turnips, carrots, onions and potatoes; thicken with mashed potatoes and garnish with steamed parsley dumplings.

SAVORY MUTTON PIE, ENGLISH STYLE: Prepare same as for Irish stew, with the addition of aromatics. Place in individual dishes; cover with paste and bake.

RAGOUT OF MUTTON BRISKET WITH FANCY VEGETABLES: Cut the briskets in small pieces; stew; garnish with fancy cut vegetables; thicken with flour and water thickening.

CREOLE STEW OF YOUNG MUTTON WITH RICE IN FORM: Stew the mutton in Creole sauce, first blanching well. Garnish with moulded rice and potato balls.

BOILED LEG OF MUTTON WITH MASHED TURNIPS, CAPER SAUCE: Prepare the leg of mutton as described; boil it, and garnish with mashed turnips, boiled potato and caper sauce.

BOILED LEG OF MUTTON, CURRY SAUCE AND CAROLINA RICE: Boil the leg, garnish with a boiled potato, a mould of boiled rice, and curry sauce.

BOILED LEG OF MUTTON, CHOPPED SAUCE AND CREAMED KOHLRABI: Same, garnished with diced kohlrabi in cream and a sauce made of chopped capers, parsley and pickles.

FILLET OF HOT HOUSE LAMB, TETRAZZINI: Prepare the loin of lamb for a fillet as directed; braise. Serve with a garnish of mushrooms, small onions, eggplant rissolee, fried tomato and noisette potatoes; gravy.

NOISETTE OF BABY LAMB, ARCHDUKE: Prepare the noisette; fry in butter; place on toast; garnish with potato Duchess, macedoine in ease, sauce paloise (yellow mint sauce).

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TOURNADOES OF MILK FED LAMB, MASCOTTE: Prepare a small English lamb chop; fry it; garnish with pate de fois gras, truffles, artichokes, potato Parisienne and sauce madere.

TRIO OF BABY LAMB CHOPS EN BROCHETTE: Cut three French baby lamp chops; broil them with a strip of bacon to each chop. Dish up with toast, parsley, julienne potatoes and hot butter.

CASSEROLE OF ENGLISH LAMB CHOP, RENAISSANCE: Cut an English lamb chop; fry it; place in casserole and garnish with artichokes, macedoine, cauliflower, small potatoes and sauce supreme.

THE CLUBMAN'S COMBINATION EASTER LAMB CHOPS: Broil three chops; garnish with bacon, noisette potatoes, broiled mushrooms, kidney and hot butter. Frills.

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LARDED KERNEL OF VEAL, MONTEBELLO: Prepare the kernel as directed. Braise; garnish with potato Duchess, sweetbreads, jardiniere, sauce madere.

BRAISED LARDED FRICANDEAU OF VEAL, TALLEYRAND: Prepare the fricandeau as directed; braise it; garnish with stuffed tomato, noodles au gratin, potato Parisienne, demi-glace sauce.

ROUND OF VEAL, DUBARRY STYLE: Lard the round of veal and braise it; garnish with cauliflower au gratin, noisette potatoes and Espagnole sauce.

CUSHION OF VEAL, TYROLIENNE: Lard the cushion of veal; braise; garnish with spaghetti Milanaise, minced tomato and onion sauce.

BRAISED FILLET OF VEAL, DUCHESS STYLE: Prepare the loin for fillet. Braise; garnish with Duchess potatoes, asparagus tips, sauce Colbert.

COMBINATION LOIN VEAL CHOPS, DELMONICO: Cut the loin chops; fry them; stuff with chicken farce. Place in oven to gratine. Garnish with quenelles, potato Verdi, truffle sauce.

LARDED SADDLE OF VEAL, FANCHONETTE: Prepare the saddle per directions; place in the oven to cook or braisoir; garnish with stuffed mushrooms, stuffed tomato, potato Chateau, fine herb sauce.

BRAISED KIDNEY AND VEAL ROLL, CHIEFTAIN: Bone a loin of veal; fill with veal kidney, roll and tie. Braise; garnish with Parisienne potato, fried egg plant, marrow fritter, sauce bordelaise.

TOURNADOES OF VEAL SADDLE, CABARET: Cut some tournadoes from the loin of veal; season, flour and fry them. Garnish with fried egg plant, fried tomato, potato Dauphine, mushroom sauce.

SLICED COLD LOIN OF VEAL, BELVIDERE: Slice a cold roast loin of veal; garnish with shredded lettuce and salad Belvidere (romain, chicory, cress, cucumbers, red peppers, Lorenzo dressing).

BRAISED VEAL RACK, TRIANON: Braise a rack of veal; garnish with puree of peas, minced spinach and mashed potatoes, sauce Colbert.

VEAL CHOPS IN CRUMBS, SPAGHETTI CREOLE: Bread the chops; fry them; garnish with spaghetti Creole, tomato sauce.

CASSEROLE OF VEAL CHOPS, SPANISH STYLE, CORN FRITTERS: Season and flour the veal chops; fry them; place in casserole, cover with Spanish sauce and garnish with corn fritters.

COMBINATION VEAL CHOPS, EXCELSIOR: Fry the chops, garnish with fried tomato, egg plant, potato noisette, sauce Duxelles.

GRILLED VEAL CHOPS, CLUB STYLE: Broil the chops; garnish with grilled sweet potato; broiled veal kidney, bacon and parsley butter.

BRAISED SHOULDER OF VEAL, NEOPOLITAN: Bone and tie the shoulder as directed; place in the oven to cook; garnish with a macaroni Neapolitan, potatoes Parisienne, sauce Colbert.

SHOULDER OF MILK FED VEAL, EMPIRE: Braise the shoulder; garnish with stuffed artichokes, flageolettes, potato Suzette, mushroom sauce.

FORELEG OF STALL-FED VEAL, BONIFACE: Bone, tie and braise the shoulder; garnish with stuffed tomato, potato Chateau, marrow fritter, sauce bordelaise.

POT ROAST OF VEAL, KAISER FASHION: Make a pot roast from the shoulder of veal; garnish with stuffed onions, spatzel and potatoes persillade, brown gravy.

ROSTBRATEN OF VEAL WITH NOODLES: Proceed as for beef rostbraten with the shoulder or leg of veal and garnish with noodles and noisette potatoes.

SHOULDER OF VEAL WITH STUFFED TOMATO AND FRIED EGG PLANT: Braise the boned veal shoulder and garnish with stuffed tomato and fried egg plant.

STUFFED BREAST OF VEAL WITH MACARONI MILANAISE: Bone the breast as directed; stuff it and place to braise. Garnish with macaroni Milanaise, a browned potato and Colbert sauce.

BREAST OF VEAL WITH SAUSAGE DRESSING AND SWEET POTATO: Prepare the breast with sausage stuffing. Braise it. Garnish with sweet potatoes, glace and brown gravy.

BRAISED STUFFED BREAST OF VEAL, COLLEGE INN STYLE: Same, garnish with spinach timbale, fried tomato, potato croquette, sauce madere.

BROILED BONELESS VEAL BREAST WITH WESTPHALIA HAM: Broil the breast. Bone and press it. Cut into portions, bread and broil it. Serve with broiled slices of Westphalia ham.

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BREAST OF MILK-FED VEAL, RATHSKELLER: Stuff and braise the breast; garnish with potatoes Parisienne, ease of green peas and carrots, fried tomatoes and sauce Espagnole.

BRAISED ROULADE OF VEAL BREAST, FLORENTINE: Braise the stuffed veal breast; garnish with minced spinach, potato rissolee, sauce Colbert.

CASSEROLE OF CALF'S HEAD, PARISIENNE: Take a portion of the prepared calf's head, place in the casserole and garnish with button mushrooms, turnip and carrot balls, green peas, Parisienne potatoes and brown sauce.

VEAL LOAF. See page 66.

HOT VEAL LOAF, ST. REGIS: Slice the veal loaf; garnish with croustade of macedoine, stuffed artichoke, potato Parisienne, truffle sauce.

VEAL LOAF AND SPINACH, NONPAREIL: Slice the veal loaf; garnish with a timbal of spinach, caper sauce.

LOG CABIN COMBINATION. See page 67.

COCOTTE OF HONEYCOMB TRIPE, RICHELIEU: Cut some fresh tripe in oblong pieces; stew in sauce Colbert; garnish with julienne of celery, mushrooms and potatoes. Bake well in a cocotte dish.

LAMB'S LIVER A LA RAYMOND: Cut the liver in slices; season, flour and fry them. Garnish with slice of fried ham, sausage cake, mashed potatoes and sauce madere.

COMBINATION LAMB'S LIVER: Same as above; garnished with bacon, fried oyster plant, potato border and sauce paprika.

STUFFED CHICKEN LEGS, NIPPONESE: Stuff some cold boiled chicken legs with chicken farce. Cook in oven. Garnish with mould of rice and sauce bechamel. Frills.

DARK MEAT OF CHICKEN, CREOLE, WITH CORN FRITTERS: Cut up the leg of chicken and stew in Creole sauce. Garnish with corn fritters.

FRIED CHICKEN LEGS, MARYLAND: Bread the cold boiled chicken legs and fry. Garnish with corn fritter, potato eroquette, salt pork and cream sauce.

SECOND JOINTS OF CAPON, CHIPOLATA: Stew the cold leg of capon in brown sauce; garnish with mushrooms, tomatoes, small sausages and Parisienne potatoes.

CASSEROLE OF CHICKEN SECOND JOINTS, MEXICAIN: Stew the dark meat in brown sauce with peppers, tomatoes and noisette potatoes.

FAMOUS PLACES TO EAT

It quite frequently occurs, here and there, that some establishment gains fame and patronage for some special dish. One of the most striking of such places I ever came across is the establishment of Madam Mièlè of New Orleans; and, strange as it may seem, its fame is largely based on the humble boiled beef. Soup meat is what its votaries call it. I met a friend one evening in New Orleans, about dinner time, and he said, "Let's go down to Madam Mièlè's and get some 'soup meat.'" "All right," I replied, and we headed for the French market. He entered an unpretentious and obscure door, without even a sign, and we found ourselves inside a small bar with cafe annex. My friend had some trouble getting accommodated, but finally secured a sitting for us. It seems that you must have credentials for the entree in this place, and not all that would can enter. No women are allowed its hospitality. We were given tickets for dinner, which cost $1.00 each. (I hear it has been advanced to $1.25.) These tickets had a number running into the thousands, showing how many had preceded us since the tickets were started. The dinner hour, six p. m., having arrived, we entered the dining room. It contained two tables of twenty-five chairs each, and I immediately felt at home when I viewed the "en famille" serviee. The main dish is the "soup meat," but the repast is on the order of a regular table d'hote—soup, hors d'oeuvres, fish, soup meat or fowl, salad, dessert, and cafe noir. Wine is served gratis. That is as far as you can apply the word "regular" (table d'hote), for every course itself is distinetive and out of the ordinary. The soup you never saw before. You never ate such fish. Prepared so, the boiled beef is a revelation; the dessert a rebus; even the bread is in a class by itself; and the cafe noir you don't get at all, not until you have left the table and reentered the bar, where you are served your coffee "au cognac" in keeping with the other original features of the place. Another odd feature is the waiter's tip. The last ceremony of the diners is to pass the plate in church fashion for a collection to be given the waiters, of which there were four. The social character of the dinner is pronounced and attractive.

What probably impressed me most was a colored carver they had there. I have seldom seen his equal. The way he carved turkey was an inspiration.

I sought the formula of the boiled beef, and was told that a choice grade of boiling beef was used, and boiled or simmered all day. It was flavored and garnished with a variety of vegetables, some of them only known to and pronounceable by the French. The soup was made of the beef bouillon. I certainly enjoyed the dinner, and promised myself to open a restaurant some day and do likewise.

It is the privilege and joy of the employe interested in the success of the hotel in which he is working to say "our" hotel.

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REFRIGERATION

The question of refrigeration is about as important as any in catering. Surely none other concerns the cook more. The quality and efficiency of his work is greatly dependent on it. From an economical consideration it ranks first of all. The modern hotel is being well equipped in this respect generally. I have suffered deeply thru the dark ages of the old-fashioned ice box. No ordinary mathematician could calculate the loss sustained thereby by the hotelkeeper, even had he the data. I can generally tell how contented and successful, or how miserable and incapable I am going to prove in a place, when I examine the refrigeration facilities; and it is the first test I make of a place. It would tax the ingenuity of an Edison to get by in some places, and the best he can do is very bad for himself and his employer as well. Realizing, as I do, the extreme importance of this matter, I have often been dumbfounded with conditions I have at times met—nothing short of criminal and ruinous. You are met with a lot of apologies and promises; but the temperature remains tropical.

In modern catering, the garde manger department plays a most important part, and that cannot be successfully nor profitably sustained with inefficient refrigeration. Dollars invested here will increase themselves a thousandfold.

No hotel proprietor can afford to be without first-class refrigeration, and no cook wants to work where it is lacking.

SPROUTS

Sprouts are one of the most delicate and delicious classes of vegetable foods. They are little known or understood in this country. They are distinctly a Chinese dish and product. It is surprising in how many ways the Chinese have us beat in foods. I made a study of sprouts in Chinatown, San Francisco (which is much like being in Pekin, China). The Chinese cultivate a great variety of these sprouts. In all their food stores you will see on display numerous tubs of sprouting seeds and roots. I have eaten dasheen sprouts (that new vegetable!) in Chinatown twenty years ago. They grow sprouts from all kinds of seeds. The watermelon seed sprout seems to be the most common, and the bamboo sprout the favorite. As a salad we have little to equal them.

KITCHEN GREASE

The frying fats play a big part in the economy of the kitchen. Under ordinary circumstances and strict attention the chef will not need to order any special cooking grease. Many places buy lard or frying compounds for the cooks; but my experience has been that I can generally get enough from the meat trimmings by a proper regard for the economies.

That suet and tallow may be well and thoroly rendered: Cut it up fine, and when placed on the fire to render, pour over it the skimmings from the sauce pans and stock boilers, all of which should be saved. If care is taken not to burn it, the roasting pans will produce a lot of fat also. Don't neglect any source of supply, and impress the cooks with the need of economy. Bacon, hams, and poultry are the source of a good supply that is especially nice for potato and egg frying, or making a roux to replace butter.

Don't render fat in the oven. That has caused the burning of many hotels. It should only be rendered on top of the range in a special steel grease kettle.

HOW THE KITCHEN GARBAGE CANS ARE FILLED

The average refuse of foods:

Lobsters	60 per cent
Shell oysters	80 per cent
Fish	40 per cent
Poultry	25 per cent
New peas	45 per cent
Green corn	60 per cent
Lemons	30 per cent
Oranges	27 per cent
Bananas	35 per cent
Apples	25 per cent
Nuts	50 per cent
Olives	25 per cent
Potatoes	20 per cent
Watermelons	60 per cent
Pork	15 per cent
Hams	12 per cent
Mutton	20 per cent
Lamb	17 per cent
Veal	25 per cent
Beef	20 per cent
Cantaloups	50 per cent
Grapes	25 per cent
Eggs	11 per cent
Grapefruit	45 per cent

PTOMAINE POISONING

Every so often you read or hear of someone getting ptomaine poisoning at this or that place, and it behooves the chef to be ever on his guard against it. Its most frequent cause is untinned copper, or the use of "gunboats" (emptied cans). Preserved provisions are very apt to contain it, especially canned fish, the poison of which generally causes death. Pâte de foie gras is deadly, too, when affected. If in doubt, "au baquet" (to the swill barrel) with it. A lot of canned goods are opened and served by ignorant girl help. A careless cook is a constant menace.

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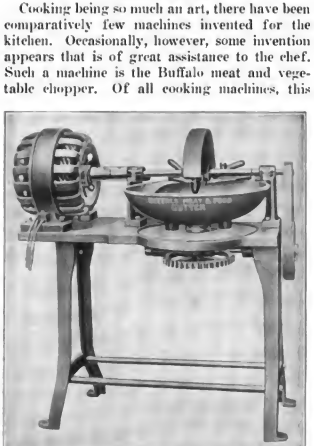
An old ice cream freezer should never be used. Clean and proper utensils, and constant vigilance, is the least you should do.

There is no antidote for ptomaine poisoning. Dr. Evans, of the Chicago *Tribune*, published this treatment: In case of poisoning, induce vomiting. At times tickling the back of the throat will accomplish this. Do it with the finger. A glass of salt water ordinarily acts as a quick emetic. One teaspoonful of syrup of ipecac is good. A hypodermic of apomorphia, one-tenth of a grain, is better. This should be followed by a dose of castor oil. If there is shock, give aromatic spirits of ammonia.

MACHINE FOR CHOPPING MEATS AND VEGETABLES

Cooking being so much an art, there have been comparatively few machines invented for the kitchen. Occasionally, however, some invention appears that is of great assistance to the chef. Such a machine is the Buffalo meat and vegetable chopper. Of all cooking machines, this



certainly is the most marvelous. The noisy old chopper that used to "wake the dead," so to speak, has been forced into the junk heap by this invention, and the back-breaking, ever-clogging grinder bids fair to follow its fate. The mortar, a noise-maker and back-breaker combined, has been almost put out of business by it, and it has silenced the rattling rat-ta-tat-tat of the musical parsley chopper. This machine is the best and quickest sausage maker that ever was. It should soon pay for itself in sausage making alone. It works with lightning speed; and the way it will chop up the toughest consomme meat is a marvel and delight. The dishes that required so much work to produce in the old way, as hamburger, quenelles, veal loaf, boned fowl filling, and sausage, are made easy and quick with this machine. Equipped with motor they sell for from $160 to $200. The hand-power machine sells for about $70.

"Figures" in the Restaurant Business

(From The Hotel Monthly.)

A steward writes from a European plan hotel in Florida:

What percentage, as a rule, should the issues be of the receipts of a cafe? I mean, the issues of supplies to the culinary department.

This is a question that cannot be answered with any degree of definiteness. The percentage is determined largely by management and by volume of business. A manager who is careful, buys closely and operates economically, will make a very different percentage showing from the manager who is slipshod and overlooks a lot of waste.

We have heard it said time and again that the percentage between cost of raw material and receipts should be one-half; that is, a dollar's worth of raw materials should bring two dollars in receipts.

But the restaurant business is more or less of a gamble. The patronage varies from day to day. The overhead expense goes on about the same. When business is good, the sales heavy, the cooks and waiters busy, the bill of fare priced to yield a reasonable profit, the returns should show a big percentage; but when business is slack, the rent, light, heat, fuel, wages and all overhead expense about as high as when business is good, it plays the mischief with the percentage.

Our correspondent should determine about what this overhead is: what is the lowest figure it can be maintained at consistent with good service; then he can buy to suit his needs, keep close track of receipts and issues (it is easy to do this), keep account of number and amount in dollars and cents of the checks, find out the average for the checks, determine the average for the issues, compare the two, note the percentage. Then consider the overhead: find out how much it cost to serve each order—and don't try to fool yourself on these latter figures; they are the most important of all—and you will come pretty near knowing whether you are making or losing money.

The percentage figures that our subscriber wishes to know are of little value if the overhead—the expenses of operation—beyond the cost of raw materials, is not given careful consideration.

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Mr. Knisell Takes Issue with Mr. Rivers

S. L. Knisell, manager Galen Hall, Atlantic City, in a letter to THE HOTEL MONTHLY, takes exception to an article on Shad contributed by Mr. Rivers in his Hotel Butcher, Garde Manger and Carver articles appearing serially in THE HOTEL MONTHLY.

The following extracts pertaining to shad, also to sword fish, make interesting reading:

". . . This prompts me to take issue with the author on one statement which I think in error. I haven't the copy at hand, but the author, in his admirable description of many varieties of fish, and his apparently correct approximation of the waste attending the use of the several kinds, makes a statement that libels one of the most popular fish that swims—a fish that has served to make prosperous many a hotel man. I refer to SHAD.

"As I remember it, he says something of the shad having a peculiar 'acid' taste, and generally would give the idea that shad is not high grade food.

"He is wrong. I shall not be gentle about it at all; the statement is not fact, and the correct knowledge he does not possess. I wonder if he has had any American experience? For there is a different variety here from that known in Europe. The British and German shad are known as allis, *(Alosa Vulgaris)* and the twaite, *(Alosa Finta)*, while the American shad is *Alosa Sapidissima*, and is described in the Century Dictionary as 'one of the most important food fishes along the Atlantic Coast of the United States.' The Encyclopaedia Britannica has little to say on the subject (Big brag book that) and almost nothing about the American variety. I have noticed that French cooks, and an excellent Scotch cook I employed, didn't know Shad, and it was impossible to teach them to cook shad properly. They none of them had used shad in Europe, and their obstinacy in cooking their 'wrong-way' was always astonishing.

"Shad are cooked on a white-oak plank—and other ways—but on the Chesapeake and Delaware Bays, THE way is planked. No fish, not even trout or salmon, is preferred by fish lovers to shad. If one wishes to condemn shad because he hasn't learned to use the best parts only, and not struggle with the bones, he will, of course, have his own way; but shad brought the highest prices of *any* fish on the market this year, and never is a bargain in price at any time.

"Shad is a most delicate fish, and loses its excellence if kept for more than a very little time. The West needn't expect shad in perfection—transportation, time, and ignorant preparation preclude satisfaction.

"I wonder if your author included Sword-fish in his list of high-grade food fishes. We get them from Boston, June to mid-September, and sword fish is good-flavored and much esteemed; selling at a higher price than most other varieties on Boston's mammoth fish pier—usually priced at 15 to 19c wholesale. It has the least waste of any fish that swims; one round bone in the center; and as round and solid as a perfectly formed leg."

• • •

Mr. Rivers' Reply

Mr. Knisell's letter was handed to Mr. Rivers, and he has made the following reply:

"Mr. Knisell lives near to where the shad grows, and can enjoy it to perfection. He is right regarding the most excellent qualities of the shad as a food fish when eaten fresh from its native waters. He is also correct in saying that the fish deteriorates the further it is taken from its home waters before served at table.

"For many years I have been familiar with the shad only as it can be obtained in the middle and far West, and my reference to the fish, its 'rancidness' and the like, is from the universal experience of those who cook and those who eat shad far away from its native waters. We do not get good shad in the West. It is the same with regard to whitefish. The whitefish served in Atlantic City do not compare with the whitefish just taken from Lake Superior. Time and freezing both act as deteriorators.

"I know from many years' experience in the West that when shad is listed on the menus it is not so numerously called for by epicures as other fish that can be served fresher and that are in comparison (considering the locality where served) better than shad.

"Mr. Knisell is correct in his reference to sword-fish. I have both cooked and eaten sword-fish at New England resorts, and they are delicious; the meat white, firm, and as delicious tasting as that of any fish I am acquainted with. I have paid even a higher price than Mr. Knisell says the fish sells for in Boston.

"Commenting on sword-fish: I wonder if there is any truth in the statement now going the rounds that the plague of sharks on the Atlantic sea coast is attributed to the destruction of the sharks' natural enemy, the sword-fish, because of a demand for this fish as food."

Speaking of Economies

Speaking of economies in the small hotel, this story was interjected by Rome Miller, who told of figuring the cost of boiling a ham. Mr. Miller, years ago, kept a small hotel in the west, and was giving his woman cook advice on utilizing by-products. He suggested that she might save the fat when boiling the ham. The woman replied, "I always save the water sir, and skim the grease." Whereupon he was pleased that his employe was so considerate. Then she said, "And when I have skimmed the water, Mr. Miller, I save the water to boil the cabbage in and give the ham flavor to the cabbage!"

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Gleanings from
THE HOTEL MONTHLY

A collection of articles of peculiar interest to all caterers interested in the planning, equipping, and operating of the culinary department to best advantage.

These articles are printed in this book with the permission of the editor and publisher of THE HOTEL MONTHLY, who has consented to their reproduction, believing they will serve a useful purpose, as they have already done in their first publication in this widely circulated journal.

FRANK RIVERS.

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The Kitchen and Garde-Manger Department, Hotel Statler-Detroit

From Description of Hotel Statler-Detroit, August 1915

The apparatus in the main kitchen consists in the main of: One 34' French range; one 9' French broiler; seventy-seven feet of plate warmers; forty-five feet of steel cooks' table; two monel machine; one Buffalo silent meat chopper; one Couch-Dean dishwasher; one Tahara silver burnisher; one Ritter knife polisher; electric salamanders; gas toasters; griddles; waffle, and complement of work tables, sinks and other apparatus necessary to make a modern up-to-date kitchen.

FRONT VIEW OF GARDE MANGER STAND in Hotel Statler, Detroit, built by Jewett Refrigerator Co. of Buffalo (as described in THE HOTEL MONTHLY of March 1915, together with floor plan and elevation). The front view shows the row of doors which open to two tiers of removable shelves in the lower section of refrigerator, arranged especially for plates, cut lemons, watercress, and parsley. Note the display cases with cooling pipes—the inviting appearance of the foods. The sign in the center reads, "Waiters, attention please! Always close these doors!" Note the clean tiled walls behind the workmen, and the metal shelving; also the ventilation ducts.

metal bain maries; one monel metal pantry counter; one monel metal cold plate receptacle; five urn battery of coffee urns; two 80-gallon copper stock kettles; one 60-gallon ham and chicken boiler; one 50-gallon consomme kettle; one four-compartment vegetable steamer; one vegetable boiler equipped with lifting device: this for green vegetables—a new feature; one monel metal carving table; one consomme cooling tank; one puree

The kitchen, located on the ground floor, is finished and equipped for exhibition purposes as one of the most sanitary food factories in America. The walls are white glazed brick to a height of seven feet, and white painted above to the ceiling. The floor is of red Welsh tile. The mechanical ventilation is thoro; the air pure and temperatured to comfort of workers. The ranges and practically all equipment is of the

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John Van manufacture. The various articles of equipment, as cooks' tables and the like, are all covered with monel metal. The pot sinks are welded by acetylene oxygen process. They are built for continuous flow of water in the rinse tanks. No piping shows around the sinks. The copper stock kettles are eight-tenths block tin, lined by hand process, and stand 200 pounds hydrostatic pressure.

have plate warmers under them. The gas waffle cooker also has plate warmer under it.

There is a special kettle for boiling green vegetables, so as not to destroy shape. It is complimented as better than a steamer for this purpose.

The plate-warmer shelves under the cooks' tables are protected with sliding curtains loaded with shot so they fall into position from gravity.

REAR VIEW OF GARDE MANGER STAND IN HOTEL STATLER-DETROIT. See Nos. 101, 102, 103, 104 and 105 under head of "Garde Manger Counter Refrigerator." Note the locking rods for securing the drawers; also the wood work benches; also the governor for temperature control attached to the refrigeration supply pipe; also the glass fronts protecting the display shelves. These display cases are accessible only from behind. The waiters can see the foods on display but it must be handed to them by the server behind the stand.

The garde manger room is the pride of the Jewett Refrigerator Co., in particular the cold bain marie, made from special design for Hotel Statler-Detroit. The foods are displayed behind glass. Along the working side of it is fifteen feet of meat block. The shelving has cold coil over and under. A working drawing of this bain marie is shown elsewhere in this issue. The butcher shop is all white enamel, brick lined.

The gas toasters are built high so that those who are toasting do not have to stoop. They

The refrigerating machines are Kroschelle. There are two of them, electrically operated, each of forty-five tons refrigeration capacity and with average pull of six tons of ice additional.

* * *

The refrigerator equipment was installed and designed by The Jewett Refrigerator Co., of Buffalo, and considered by this firm one of the best of the many fine installations they are responsible for. The entire refrigerator equipment is certainly a delight to the eye.

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THE MAIN KITCHEN OF HOTEL STATLER-DETROIT: This plan carries that section of the ground floor plan back of the battery of passenger elevators. To the right is shown the entrance to the main dining room; to the left is shown the entrance to the grill room. The waiters' hall connects these entrances in a straight line, and is centered with a checker's desk from the main kitchen, and the service bar for the restaurants. Also, directly parallel with the waiters' hall, is the service hall for the service pantries. . . . The consistent location of the different departments, in particular as to their inter-dependence upon each other, will be brought more and more clearly to the appreciation of those interested in economic lay-out of kitchens by a careful study of the plan, and by informing themselves regarding the equipment, in particular its quality and Statlerized features as listed in another page. . . . Particular attention is called to the location of the glass washing room; the silver cleaning room with its Tahara machines; the cutlery renovator machine; the dishwashing machine and its lay-out for

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KITCHEN OF HOTEL STATLER—DETROIT, MICHIGAN.
FURNISHED & INSTALLED BY
THE JOHN VAN RANGE COMPANY—CINCINNATI, OHIO.

the soiled and clean dishes and plate warmers; the garde manger counter, the newest of its kind (see special description); the butcher shop with its lay-out of blocks, benches, and special position for the Buffalo meat chopper; the ranges, broilers, carving table, cooks' table with combination service shelf and plate warmers; the location of the big steam kettles, also the vegetable boilers, compartment steamers, vegetable sink, pot sink, etc., screened behind brick wall back of the ranges . . . Then to the pastry room with its equipment of ovens, kettles, stoves, pie and pan racks, mixers, refrigerator, ice cream cabinet, candy cabinet, griddle and waffle cookers. . . . Then continue on to the center of the main kitchen; note the battery of plate warmers; the main service pantry with its Curtis egg boilers, working counter, service shelf, refrigerators, urns, cup heaters, etc.; and alongside it the oyster pantry with its complete equipment; these pantries located directly at the exit to the waiters' hall. . . . The room service shelves are shown directly off the waiters' hall.

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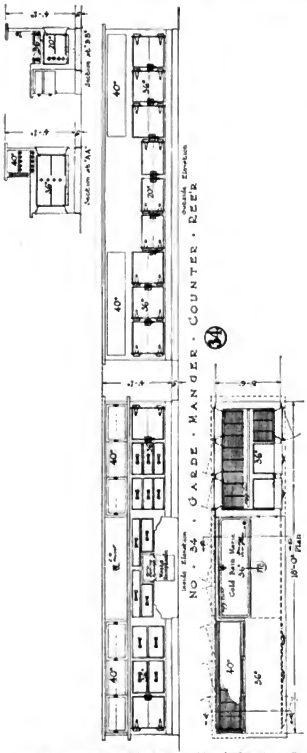


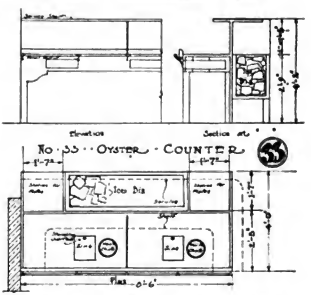
Garde manger refrigerator, Hotel Statler, Detroit. (See 101 in general description of refrigerators.)

GARDE MANGER COUNTER REFRIGERATOR: No. 101. This refrigerator has the front facing kitchen arranged in a series of doors opening onto two tiers of removable shelves in the lower section of refrigerator, arranged specially for plates cut lemons, watercress and parsley.

No. 102. The balance of this refrigerator is accessible from the rear at left, there are four drawers in two series of two drawers each, arranged specially for cold meats and salad material, adjacent to which is a space not insulated, and fitted with four drawers constructed entirely of galvanized steel and fitted with special locks, all arranged for knives and other tools, between which group of drawers there is a steel rectangular compartment for garbage, carried on roller-bearing runway.

No. 103. At the right of this equipment there are three drawers in one series for garde manger service, at the right of which is one door opening onto two tiers of removable shelves arranged specially for milk and cream.

No. 104. Directly above the foregoing drawers and compartment there is a working counter of 2"



Oyster counter, Hotel Statler, Detroit. (See 106 in general description of refrigerators.)

maple strips on edge, securely glued and bolted together and carefully oiled, serving as a carving and work table, under front of which is a cold bain marie of heavy copper arranged to contain refrigerating coils and water and fitted with 16 quart porcelain-lined consomme jars.

No. 105. At either side of bain marie there is a compartment fitted with two sliding glass paneled doors and having two tiers of shelves arranged specially for cold meats, salads, etc., ready to serve, which are visible to waiters thru glass forming the rear of this display compartment. The serving shelf over display compartment and bain marie is built of 1½" maple strips on edge, securely glued and bolted, and carefully oiled.

OYSTER COUNTER: No. 106: This counter is constructed of clear maple and has a double working board and two sinks, at the right of each of which is a watertight collar surrounding the opening for oysters shells. The front of counter is arranged with two galvanized sheet steel draw-

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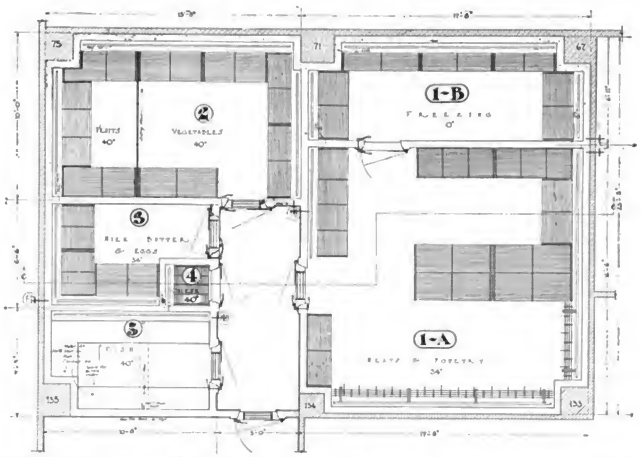

The big refrigerator in Hotel Statler, Detroit, with vestibuled entrance to meats, poultry; the freezing chamber; fish, milk, butter, eggs, cheese, vegetables, fruits.

ers for knives and other tools, and a large bin for cracked ice.

No. 107. The entire top of the working board, together with sinks and collar, as well as entire space between working board and serving counter at ends of back, is lined with monel metal; working board and sinks gauge 20; balance gauge 24.

No. 108. The entire space under the working board and inside of counter is lined with gauge 22 galvanized sheet iron. The serving counter is built of 1½" clear strips securely glued and bolted together and carefully oiled.

No. 109. The working board is protected thruout its entire length by brass towel rail supported by substantial cast brass brackets.

All refrigerators are finished along exposed fronts, ends and backs with heavy gauge 18% German silver base 6" high, having upper edge let into woodwork and placed on 3" cement platform, finished with cove to the floor of building. All boxes have electric light and a red light indicator on the outside to inform of its proper working order.

Mongrel French on a menu card is like a red rag to a bull to the man who wants to know what he is ordering.

Kitchen Problems Solved by Machinery

When labor saving machinery is once introduced into the hotel kitchen the machines almost invariably go in to stay, unless to be displaced by improved machines. Thousands of hotels are now equipped with machinery for dishwashing, knife cleaning, butter cutting, vegetable paring, bread crumbling, meat slicing, egg boiling, dough mixing, and many other kinds of work, which, only a few years ago, was slowly and laboriously done by hand. The machines have been so perfected that many of them do work superior to hand work, enabling the management to cut down the pay roll, have less help to feed, and to employ men and women of higher intelligence to have charge of the machines. Electricity has come to the hotelkeepers' aid for motive power, a silent well-spring of energy, on tap; and combination of up-to-date machinery with electric power, has gone a great way to solve the help problem in hotel kitchens.

The average hotel food expense is said to be about sixty per cent for meats and forty per cent for vegetables, groceries, fruits, etc. It is up to the stewards and chefs to change this ratio by wearing the "consideration cap" in effort to popularize the less expensive but equally palatable foods, and that can usually be served with greater profit than meat dishes.

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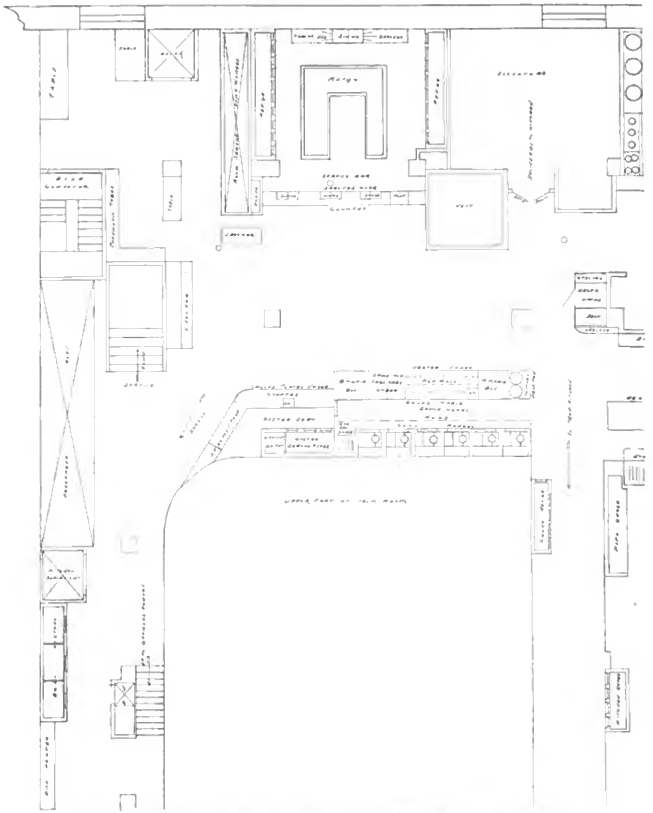

MAIN KITCHEN OF THE BILTMORE, NEW YORK. (Equipment by Buzzini.)

KITCHENS OF THE BILTMORE, NEW YORK

From the Hotel Monthly of July, 1914

Chef Louis Seres is proud of his kitchens, as well he may be, for The Biltmore kitchens are the only workshops of their kind in New York, located above the ground floor and having abundance of natural light and air, which people who make a study of food preparation say is conducive to the most wholesome cuisine.

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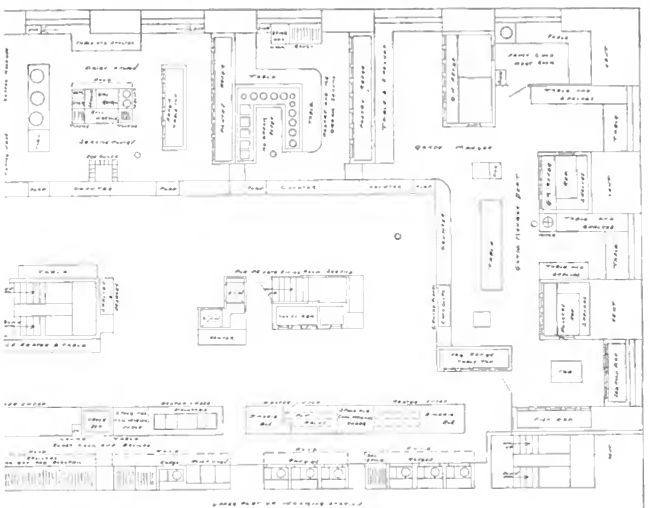

MAIN KITCHEN OF THE BILTMORE, NEW YORK. (Equipped by Buzzini.)

The main kitchen is 60'x150'. The kitchen on the twenty-second floor, for the banquet hall and roof garden, is nearly as large, and the subkitchens for the different dining rooms and for the help all have the natural light feature.

The equipment is by Buzzini. The walls of the rooms are white tile, and the floors of French gray tile. The scullery is all glass enclosed, and, while a part of, yet it is entirely separated from the kitchen proper.

* * *

In a tour of the kitchen with Chef Seres, he called attention to many features of special interest. The refrigeration is by Bohn syphon system. "The dry air goes thru the boxes, and we like them very much," said Mr. Seres. Over the kitchen there is a large battery of refrigerators for reserve stock. The fish are packed in ice. No frozen fish are carried. There is one big box for sea foods only.

Commenting on the condition of the refrigerators, as we looked into them, Mr. Seres said: "We use only baby lamb. We age our meat to suit our needs. We serve every delicacy from the world's markets that we can procure. We feature Russian, Spanish, and other foreign country dishes, and deliver the goods. We maintain the refrigerators at certain temperatures, as, the box for cold plates and china, 34 degrees; for oysters, clams, etc., 34 degrees; for cold meats, 36 degrees; for sea foods, 34 degrees; for cheese, 40 degrees; for milk and butter, 40 degrees; for fruits and salads, 40 degrees."

* * *

Chef Seres complimented highly the Smith (Buffalo), meat and vegetable chopper, and his endorsement was supplemented by Steward Maloney, who said: "It is one of the most valuable devices in the way of labor saving that I know of." The New Century apple parer and corer made by Goodell Co., of Antrim, N. H., also demonstrated a great economy. This machine was paring and coring three apples at a time with lightning rapidity.

In the different kitchens there are five Garis-Cochrane (Bromley-Merseles) dishwashing ma-

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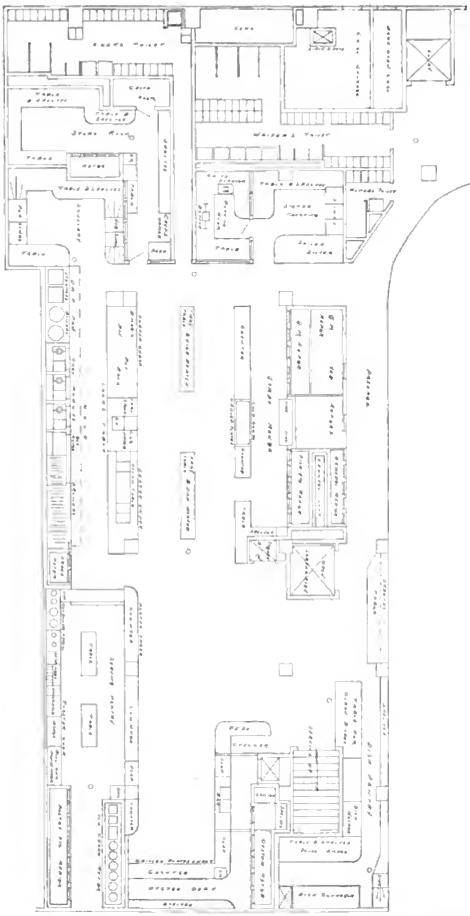

GRILL KITCHEN, THE BILTMORE, NEW YORK. (Equipped by Buzzini.)

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chines and 36 Curtis automatic egg boilers. The principal dishwashing is done in a pantry located over the main kitchen. All dishes are brought up to this pantry to be washed, and no soiled dishes go into the kitchen. The silver cleaning is done with the Tahara machines.

* * *

The coffee is made by a new process discovered by Mr. Baumann in Vienna. The device consists of a bowl elevated about six feet, for steeping the freshly ground coffee in boiling water. This bowl is so suspended that its contents are tipped into another bowl located below it. This second bowl stands over a third receptacle and is separated from it by a straining felt; and, connected with the lowest container, is a vacuum pump, operated by hand, for drawing off the made coffee, which is kept hot in stone jars, and distributed from here in the jars to the different pantries.

It requires about five minutes to brew fifteen gallons of coffee, of which about three minutes are consumed in the bath of boiling water, and two or three minutes in the strainer vessel. The strainer cloth is renewed frequently. The process has proved very successful.

There are tilting kettles for making chocolate.

The stock pot is nickel, of German manufacture, and requires no retinning. The kettles are of copper. The hot plate stands have monel metal covers; the range hood is also of monel metal. The broilers are of two kinds: electric, and a combination of gas, steam and air, this latter having particularly serviceable qualities.

The garde manager department is said to be the largest of any hotel in the world, and equipped equal to the best. The display of cut meats, ready for the fire, is good to see.

Vegetable peeling is done with a Standard peeler.

There is a special kitchen for cooking cereals.

Extraordinary preparation was made to have the kitchens not only the best from natural light and ventilation standpoint, but also mechanical ventilation, so that, as wholesome workshops, they are as near perfect as human ingenuity can produce.

The main kitchen is the distributing point for all of the other kitchens; and the accounts with the sub-kitchens are traced thru issues to the main kitchen. Each kitchen, pantry and service bar makes its own individual report, which must compare with the accounts of the main kitchen. This simplifies the work of the comptroller.

KITCHEN OF HOTEL MUEHLEBACH, KANSAS CITY

From Description of the Muehlebach, Kansas City, July 1915

In our tour of the kitchen we entered to the left by stairway from the Petit Trianon Cafe serving pantry, past the checker's desk which controls service to the upper dining rooms.

To the right is the garde manger department enclosed in marble top counter: the first section of it the oyster counter with slate sink under; the next section, garde manger counter with tray rack under and work counter; the next section garde manger counter with sink and bain marie; the next section carrying the garde manger work bench on the inside and the broiler's short order box and meat block on the outside.

As we enter the kitchen proper we come first to the help's service kitchen, which is completely equipped with steam-table, urns and dishwashing department; and directly back of it is the women's dining room on one side, and the men's dining room on the other side. To the left of the help's kitchen, screened behind wall, are the freight elevators with spacious landing corridor, and the garbage crematory.

The service elevator and electric dumb waiters are directly at the entrance to the main kitchen.

In our tour of the kitchen we look to the right as we go thru, first turning to the right to the butchers' section, centered with the Buffalo meat chopping machine that has become indispensable in kitchens requiring much meat chopping and other fine work in this line. This installation is a great economy in the pay roll, as well as eliminating noise and doing work in a few minutes that formerly required hours. The plan shows the location of the benches, block, sink, mortar, etc.

Following along into the preparation room we pass the chicken butcher stand and the fish butcher, and take a look into the spacious refrigerators. We pass thru the preparation department: note the Peerless vegetable peeler; the sinks all metal, the work table with metal bins under and steel top table by the sink. Returning, we pass the pan table and scullery, these screened by partition wall from the range. Continuing along we pass the Van compartment steamer, the battery of soup kettles, and the mixing machine; then return to the kitchen proper.

The broilers are all charcoal. The range is of the finest John Van manufacture, which means there is no better range made. The grates are arranged for coal and gas fuel, by which there is economy and complete control of fire. The range

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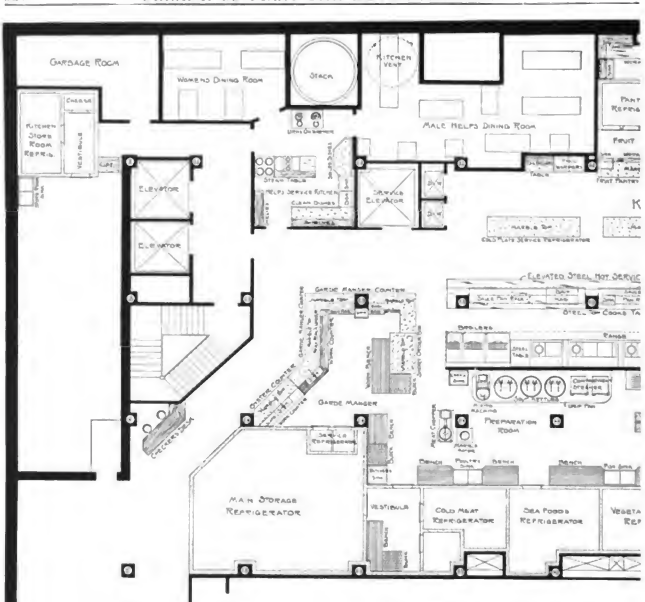

equipment includes a ronsting oven which is similar to the big bake ovens.

The cooks' table is of three-sixteenths-inch boiler steel, polished; the face porcelain enameled on steel, and with trim of German silver. It has heater in front, and hot elevated steel service shelf. The arrangement of it for bain-marie and carving table is clearly shown in the plan.

Ranged down the center of the kitchen, parallel with the cooks' table, are four marble-top service shelves, the first capping a cold plate service refrigerator, the next a silver heater, and the two others dish heaters.

Passing beyond the cooks' table we come to the service bar, which is completely equipped in every way and supplemented with a Reed and Barton cocktail wagon for mixer service in the dining rooms.

Passing the service room and turning to the right, we pass the checker's stand to the Plantation Grill, and four easy treads lead to the grill, which is practically on the same floor. Between the kitchen and the grill is a vestibule shielded at both ends to prevent noise of kitchen from reaching the dining room. In this vestibule there is a special service cabinet behind glass and a finger bowl sink, ice sink and cracked ice

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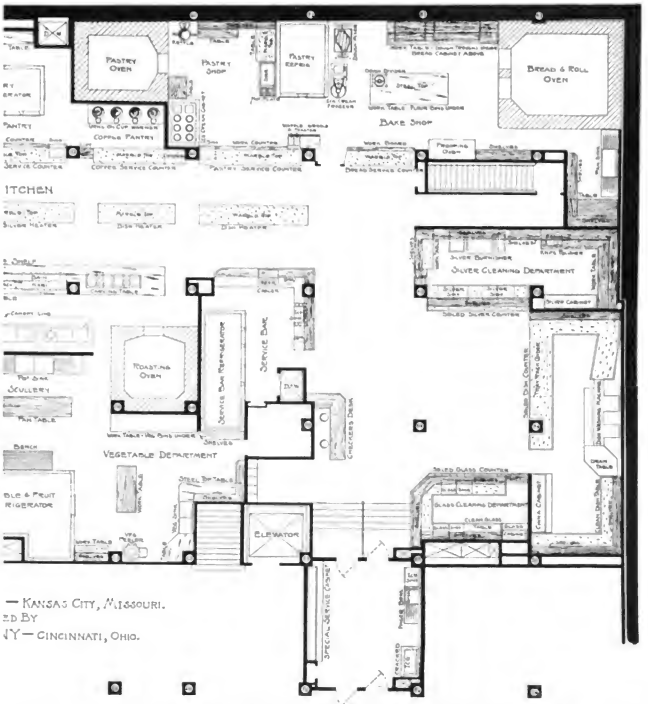

receptacle for quick service to the Plantation Grill.

Returning to the kitchen we come to the glass cleaning department, the dishwashing machine and silver cleaning machine, all compactly grouped for convenience of service, the plan telling better than many explanatory words the consistent lay-out.

Things observed in this cleansing section include wood slotted shelves for glass, china and silver, tray racks under the counters, and facilities for safe handling of the delicate wares, practically compelling careful work by the operators.

We have observed as we have gone along that practically all fixtures are up from the floor, so that the whole kitchen floor is get-at-able to keep clean and banish, dirt, grease and vermin.

We now come to the pantries, located in the direct center of the kitchen; the coffee pantry with its battery of urns under control of the pantryman, has marble service counter and Kellum urns with cup warmer under. The coffee and fruit pantry is combined so as to be economical for the watches. In dull hours, for instance, one person can easily take care of the dual pantry, while in busy hours as many as are necessary can be employed behind the counters.

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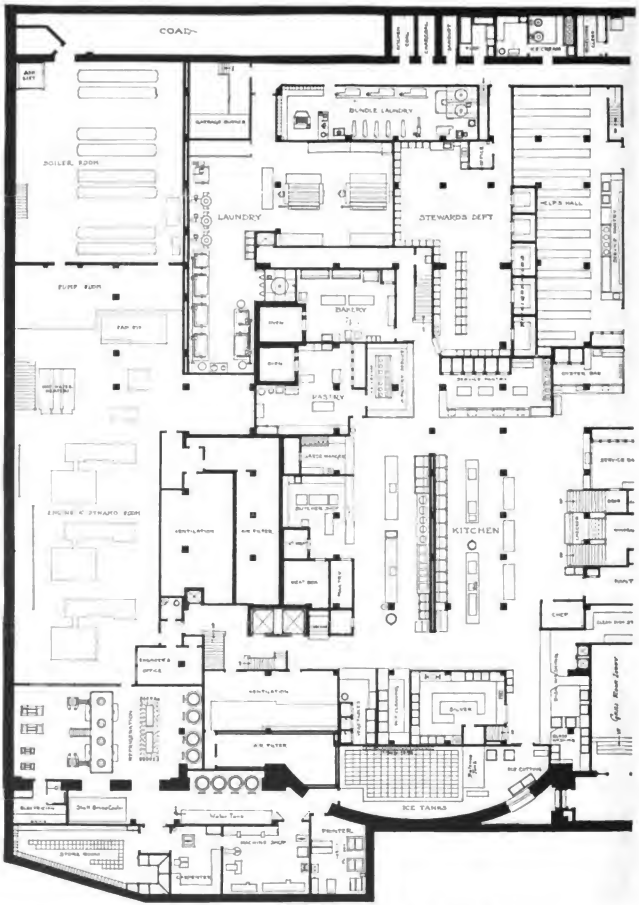

THE GREAT BASEMENT FLOOR OF THE COPLEY-PLAZA, BOSTON.

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The kitchen is 150' by 70' or a floor area of over ten thousand square feet. The walls are enameled; also the facing of all counters, desks and heaters. The illumination is from lights in the ceiling.

The ventilation provides abundant supply of fresh air, and exhaust of all steam and kitchen odors, so that the room at all seasons is comfortable for the workers. It is an ideal workshop in this respect.

KITCHEN OF THE COPLEY-PLAZA, BOSTON

From description of The Copley-Plaza, June, 1913

In a tour of the steward's department we saw one of the best laid out and most complete appointed working departments that any hotel can boast of. One good feature of the lay out is that everything is on one floor; the storerooms, kitchen, bakeshop, pantries and refrigerators. The layout shows expert knowledge in the placing of different departments and the arrangement of the furniture to facilitate service. There is no cramping of room, nor is there, seemingly, any waste of room. The following notations were made as we passed thru the department:

Fish separated from ice only by a thin cloth; only one layer of fish, so they can be easier handled, and always fresh fish assured, with proper management.

The Buffalo silent meat cutter, indorsed as one of the best devices ever put into a kitchen. All home-made sausage thru the agency of this machine.

A separate range for party work.

In the pastry room a double-deck Dutchess oven. Fresh bread made for every meal. French rolls served only fresh made; the capacity eight to ten thousand a day. Pillsbury flour used.

Two ice cream machines.

The refrigerators Lorillard, glass lined; the boxes in the serving pantries with drawers and revolving shelves. On the shelves the made dishes; this for quick service.

Duparquet urns equipped with instantaneous water heater device.

Automatic cream measurer; also automatic measurer for orange juice and grapefruit juice; the faucets silver plated inside as well as out, to prevent a metallic taste. (In the service of grapefruit the removed seed cavity is filled with grapefruit juice.)

Six Espel tea measurers for the different kinds of tea—these among the specially pointed out economies.

Milk from private farm. Sweet butter in cakes, and cut in cubes 24 to the pound. Sweet butter in bricks for cooking.

Bread for toast and sandwiches kept in refrigerator so as to be cold and fit.

The store room refrigerator contents are the pick of the markets of the world. In one of the boxes we noted a crate of Capetown melons priced on the card at seventy-five cents the portion.

The Morse-Bulger incinerator.

For banquet service everything on platters, French style; and box wagons, charcoal heated, with capacity for 600 portions in one box. Two heated boxes for the hot dishes and two cold boxes for the salads, ice creams, sherbets, etc. With the aid of these wagon boxes, the service of hot and cold dishes is under control.

The Blakeslee roll warmer highly complimented; also the Dilg knife cleaner. Gorham silver. Kuhn check.

In the Waldorf-Astoria Kitchen

Their first visit (New York State Hotel Association in New York City) was to the kitchen of the Waldorf-Astoria, probably the largest hotel kitchen in the world, and they saw it during the noon hour; saw the hundreds of cooks and hundreds of waiters in action; heard the shouting of the waiters calling their orders to the cooks, and the cooks confirming with return call; heard the noise and clatter of dishes, of silver, the rumble of trucks, the buzz of machinery; and they marveled at the genius of the caterer who could produce in this factory, amid so much hustle and bustle and noise, the dainty foods to tempt the appetites of the epicures in the dining room overhead. And they marveled still further at the smoothness of the service in the dining rooms, the deft movement of the waiters, and the quiet of the atmosphere. They saw the beautiful silverware handled in the pantries as it is apt to be in rush times, with seeming reckless hurry; and they saw the silver repairing room, where several silversmiths were at work repairing the damaged pieces and replating; and they saw the shop where the glassware that has been nicked is ground until the nick disappears and the stem foot and top rims be smooth again; and they saw the great machinery plant, the boilers with their self-feeding and stoking devices, the immense dynamos, the refrigerating plant of 100 tons daily capacity; and they took a look into the wine vaults, and into the cigar humidor. O but it was a great sight for the country hotelkeepers! It impressed them with the magnitude to which their business is developed in a large city.

The self-respecting hotel or restaurant-keeper does not object to inspection of his kitchen. The self-respecting cook will not work amid filthy surroundings. The people who patronize respectable eating-houses can be reasonably sure that the food they buy is prepared of wholesome material in cleanly fashion.

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THE MODEL KITCHEN IN DAVENPORT HOTEL, SPOKANE, WASH.

From Description of the Davenport Hotel, Spokane, Wash., Sept. 1915.

If there is one thing more than another that Mr. Davenport is proud of it is his kitchen. This is all new. It is arranged to suit him, and is a model workroom in every respect. It was designed and equipped by F. E. Ricketts, of the John Van Range Company, of Cincinnati, who is responsible for several of the best kitchens in America. Mr. Ricketts said he was able to put his best thought and the very best kind of equipment into this kitchen, for the reason that Mr. Davenport knows what ought to be used for an institution such as this, feeding more than 3,000 a day. "Every suggestion of mine," said Mr. Ricketts, "regarding the drainage, the pipe connections, the ventilation, the refrigeration and the placing of the several departments to best advantage for working conditions, was met by Mr. Davenport with an understanding such as few hotel men are capable of, and his suggestions, adopted by me, were invariably toward the ideal kitchen."

* * *

We have been favored with a plan of this kitchen, and a careful study of it will convince any practical hotel man who takes a pride in his kitchen that here is one which disarms criticism. It is almost waste of words to point out the many good features of this kitchen, but those who are not so fortunate as to give it personal inspection will be greatly interested in the several photographs herewith presented, in particular the central view of the kitchen as seen from

COOKS' TABLE of polished steel in front of range and boilers (Davenport Hotel, Spokane). Special steak warmers are located over the charcoal broilers. A gas salamander is located over the center of range. The hood is specially designed; the exterior of aluminum-coated steel with polished trimmings, and insulated with quarter-inch asbestos board; the main body of hood constructed of No. 14-gage steel.

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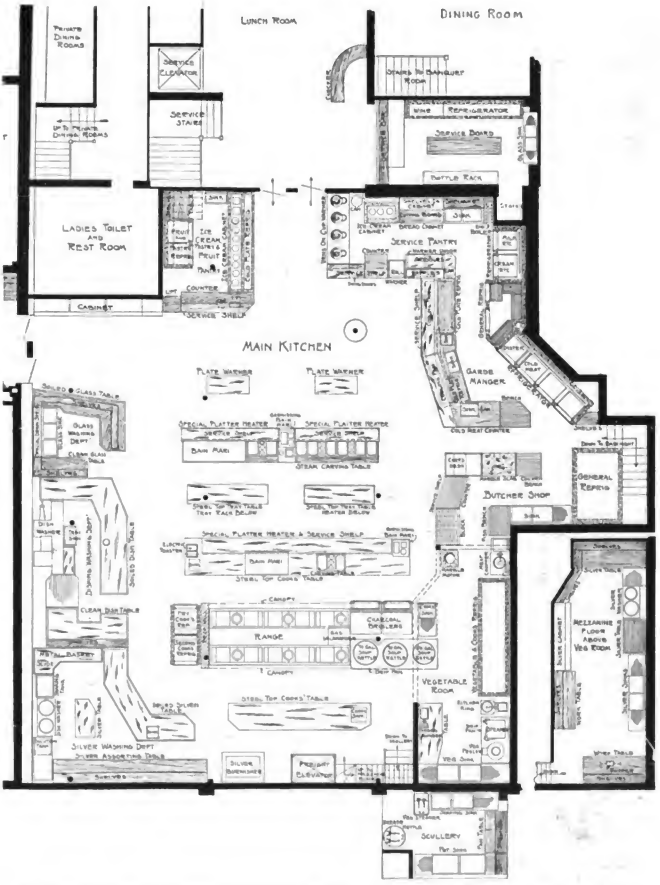

KITCHEN OF THE DAVENPORT HOTEL, SPOKANE. (Equipped by the John Van Range Co.)

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CENTRAL VIEW OF KITCHEN (Davenport Hotel Spokane) from entrance to lunch room; the fruit pantry to right front; glass, china and silver washing departments, in respective order, to right; service warmers in front of steam carving table; general cooks' table and range and broilers behind carving table. To left is vegetable preparing room and butcher shop.

the lunch room; the cooks' table; the front view of the glass, china and silver departments; the silver washing and cleaning department; the garde manger department; the china washing department, and the ice cream and pastry department. These are all described in captions under the illustrations.

The floor of the kitchen is of red (Gruby) tile; the walls of white tile to a height of ten feet; the woodwork oak; the facings of all counters

FRONT VIEW OF GLASS, CHINA AND SILVER DEPARTMENTS at right of kitchen (Davenport Hotel, Spokane). This is said to be the finest installation for such departments in this country. There is a special glass draining shelf above the glass washing sinks, where glasses are placed for a short time before they are polished for use.

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SILVER CABINET in kitchen of Davenport Hotel, Spokane, with display of Reed & Barton specially designed patterns.

of white tile, and every placement of such a nature as to avoid the accumulation of dust, dirt or grease. The hose can be turned on, and gravity drain speeds the cleaning. The illustrations picture the type of illumination from ceiling. The equipment includes John Van ranges and

SILVER WASHING AND CLEANING DEPARTMENT (Davenport Hotel, Spokane): Tahara machine shown open at left, with silver in bath of shot and suds. Note the care in handling, in particular placing the wiped silver on mat. The Blakeslee rotary silver washing machine is located behind the soiled silver table at right. Note the sanitary enclosure of this department, all white tile wall with sanitary coved base.

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GARDE MANGER DEPARTMENT, with counter and refrigerators by Jewett of Buffalo. Service shelves of German silver; and below service shelf are located special cold bain maries for cold condiments, these accessible only to the garde manger men. The illustration shows also the heavy work board with ice sink. (See kitchen plan for general arrangement.) Note the type of special service shelves for the convenience of waiters in the center of kitchen lobby. There are several of these.

broilers, copper kettles and pans, Blakeslee (Niagara) dish washer, Smith (Buffalo) meat cutter, Espy Curtis egg boilers, Enterprise mincer, Duchess roll cutter, Lee bread crumber, Albert Pick butter cutter, Blakeslee dish carrier wagons, Blakeslee ice chipper, Van urns, and practically every mechanical device for kitchen work that has proved superiority.

* * *

The refrigerators are of Jewett construction. All are of oak and have enameled walls, tile floor and sanitary corners. The doors are triple thick plate glass.

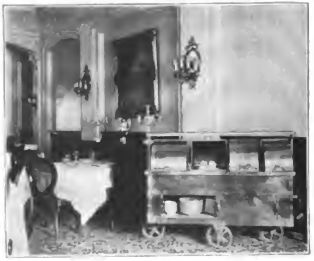
The illustration of the garde manger department shows the principal item of refrigeration equipment in the kitchen. All cold meats are kept in enameled trays in drawers. A glance thru the refrigerators revealed the delicacies at call in the Davenport Hotel. There were Mexican lobsters, alive; soft shell crabs from Maryland, alive; jumbo frogs from Louisiana; Portland crawfish mountain trout; Dungeness crabs; sandabs from San Francisco, and the whole gamut of delicacies in fruits and vegetables.

Instead of the old style "liquor in the kitchen" habit, there are three of four bubbler fountains for the use of kitchen employes.

* * *

A novelty we discovered in the Davenport kitchen was a traveling steam table—two of them, in fact. This steam table is illustrated on another page. It was designed by F. E. Ricketts, of the John Van Range Company, and H. W. Wraight, manager of the Davenport Restaurant, and built by the John Van Range Co. It is explained in the caption appearing under the illustration. A commendable feature of this steam table is that it is electric heated from plug in kitchen while being made ready for the dining room and also electric heated from plug in din-

CHINA WASHING DEPARTMENT, (Davenport Hotel, Spokane): Blakeslee No. 80 Niagara motor driven machine. Van's new style metal dish tables. Baskets filled and slid to feed end of the machine, passing thru it from right to left and landing on the clean dish assorting table. Tray rack under dish table. Trays are washed in sink in front of the machine (see faucets over tray). Note sanitary enclosure of the dish table.



ELECTRIC WAGON, made of German silver and brass. Carries two meat platters, four vegetable compartments and one gravy. Plate warmer below and elevated service shelf above. Is about six by two feet, on heavy swivel rubber tired casters. Equipped with electric heat units, and with cord and plug to be connected to electric stations in kitchen and dining rooms.

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ing room. This reduces to a minimum the steam or smell objection common to wagons other than electric heated. It can be wheeled to the bar for the bar lunch, or to the lunch room, or to any dining room, and is one of the most serviceable things in the hotel's catering department.

Louis Davenport logic in the matter of installing the best mechanical service and labor-saving devices: *"It is to better the service; to lessen our work; to increase our profits."*

MR. MUSCHENHEIM'S FAMOUS KITCHEN

From descriptions of Hotel Astor, New York (January, 1907).

Asked regarding the practice of gentlemen smoking in the restaurants, Mr. W. C. Muschenheim said: "There should be one dining room reserved for those who do not smoke, or to whom tobacco smoke is offensive. A few years ago it was customary to reserve one room for smokers; now the custom is to permit smoking in nearly all dining rooms. The caterer is governed by what the people want. Different places have different conditions."

* * *

Pantries and waiter service

The pantry in the rear of the Hunting Room is here described, as illustrating the thoro and systematic method of controlling the service:

A diagram of room showing location of tables and designating each table by number. (There are forty-eight tables in the Hunting Room.)

A rack showing the waiters' numbers, and opposite them the tables each particular waiter is assigned to, as

WAITERS' No.	TABLES	
64	1	18
65	2	3
66	4	14

This assignment is changed every day, the policy being to change the waiters around continuously.

A rack after the style of a room rack for the purpose of parceling out each day the waiters' job work; thus, certain waiters are designated as their duty for this day to attend to the salts, crackers and mustards; and other waiters to look after the horseradish, finger bowls and matches; and so on for all the different sorts of work required of them. The rack indicates so plainly that there can be no shirking.

The busses also have their schedule for each day as to which service table each must look after. Also the general and service tables for the dinner is parceled out to them.

There is also posted up a table or schedule showing the off days each waiter is entitled to for the full year. A waiter gets one day off every three weeks. In his absence a reserve man takes his place. A waiter can be off oftener than once in three weeks, under certain conditions, by employing a reserve man and paying him. A waiter has what is called "long watch" for the two weeks, and the third week is released from duty when the rush hours are over.

There is hung in the pantry a framed picture in colors, showing in actual size the different kinds of wine glasses for service with the different wines; and also illustrating the height to which the glasses should be filled; thus, the picture of the glass with the wine to be served with seltzer, shows it a long ways from full.

Butter pats are cut in ounce cubes, an entire tub cut with a few turns of the wire cutter. The butter is forced direct from the tub against a wire mesh, and the pats cut off with a swing wire as many as a hundred at a time. Butter pats are kept on china chips in refrigerators.

A dumb waiter of the endless chain pattern carries dishes from the pantry to the dishwashing department on the floor below. (Every restaurant has its separate dishwashing department. There are five dishwashing machines for the ground and basement floor restaurants, and three for the banquet rooms on the eighth floor.)

Every pantry has a receptacle for ice cubes.

No waiter takes an order direct to the kitchen. It is sent by pneumatic tube, thus saving time. The waiter fetches from the kitchen.

Every restaurant has its separate ice boxes.

In brewing coffee, one pound of coffee to one gallon of water is the rule for lunch and dinner; and four pounds of coffee to five gallons of water for breakfast.

Guests of the restaurants who prefer the Old World style of having the roast carved before them, are accommodated. A wheeled table with silver covered hot dish is at all times ready in the pantry for this purpose.

* * *

Care of silverware

The silverware cleaning is done by schedule, certain work for certain days, as: Monday, the small silver; Tuesday, the bread baskets and mustard pots; Wednesday, the sugar bowls; Thursday, finger bowls and bottle stands; Friday, bread baskets and mustard stands; Saturday, bar trays and horse-radish stands; Sunday, sugar bowls. The Dilg machines are used for cleaning the silverware. The Hotel Astor also has its own replating plant.

Silverware for present use in the restaurants is kept in sliding drawers under the sideboard, each

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kind in a separate drawer; and on the side of each drawer is a picture of the article, same size, with name, so there is no excuse for any piece getting into the wrong drawer.

The silverware is insured against loss.

* * *

The Astor kitchen

The kitchen of Hotel Astor is, perhaps, the best ventilated room of its kind in the world. A system of ducts, forming a network about the ceiling, are fed by arms reaching out over every spot where odor or steam originates, and it is drawn into these ducts by suction in such volume that the entire air of the room is changed every few minutes.

The kitchen walls are of glazed tile, and the floor of soft-colored red tile. The equipment is equal to the best ever placed in a hotel kitchen.

The great and noticeable feature of this kitchen is its roominess. There is no crowding of any department, and yet one dovetails into the other so harmoniously that a vast amount of work is done with no evidence of bustle or hurry or crowding.

There is not a mechanical device of importance that has not been adopted, where it could be done to advantage.

The roasting of big joints is done on a spit before a charcoal fire.

The cooks' tables have heavy polished steel tops.

The dish heaters have sliding doors behind, and swing doors, of the automatic closing kind, in front. There is an open space in rear of heaters, and dishes are brought to this point from dishwasher on rubber tired trucks.

The stock kettles and vegetable cookers are back of the kitchen proper, and arranged in a line of tilting coppers seventy-five feet long. They stand in a series of cast-iron trays, to prevent leakage on the floor. The kitchen floor, by the way, is kept as dry as possible all the time. Sawdust is used extensively in the rear of the room, but none in that part where the waiters come. And a waiter dare not go back of the sawdust line, or the cooks make trouble for him.

The pot sinks are remote from the kitchen proper. The pots are carried to and from the washers on trucks.

In the cold storage rooms the racks are of galvanized metal, detachable, so that the rooms can be easily cleaned. Refrigerators have a lever handle inside the door, so that a man accidentally shut in can let himself out.

In the butcher shop, a room lined with white glazed tile, there is a megaphone connected with speaking tube from the chef's office sixty feet away. The chef can thus give his orders so that they can be heard by every one in the room just as if he were in the room himself.

The fish box, specially designed by W. C. Muschenheim, has inclined shelves, so the water runs off, and there is practically no odor of fish in its vicinity.

The cold storage rooms are kept sufficiently cold only; not so cold that the flavor of the foods is spoiled by freezing. The refrigerators are all tile-faced and tile-lined.

For the Waiters' Information

Posted conspicuously at the door leading from the kitchen to the dining room in the Ryan of St. Paul are two bulletin boards, one headed RECOMMEND, the other OUT. The boards are on the kitchen side of the door and the articles it is desired the waiters to "recommend" and the articles on the bill of fare that are "sold out" are written conspicuously on these boards, so that the waiters can be continuously informed. In the one case it promotes sales of foods that might otherwise be left over and spoiled; in the other case, it saves the waiter many steps back to the kitchen when an order is given to him for a dish that is sold out.

The Garbage Barrel Barometer

One of the large hotels of America changed chefs not so long ago, and the new chef, by careful management, reduced the waste, increased the percentage, and gave equal, if not better service than his predecessor. The business of the restaurants improved, doubtless due to the good cooking and pleasing garnish of dishes, giving appetizing quality to everything that went from the kitchen.

The night watchman, whose duty it is to keep track of the garbage barrels, said to the inside steward one day: "There is something wrong with the kitchen. We had fifteen garbage barrels less this month than for the corresponding month last year. The kitchen people must be taking things away."

The inside steward said to the chef: "The night watchman tells me there is a shortage of fifteen garbage barrels this month as compared with the same month last year. How do you explain it?"

The chef replied, smilingly: "Well, ain't you glad of that report?"

"What do you mean?" asked the inside steward.

"Well, that there is fifteen barrels less waste; there has been a prevention of waste that should stand to the credit of the kitchen."

"I never thought of that," said the inside steward.

Fresh foods are better than foods from cold storage. The more fresh foods provided, the better the cuisine. It is easier on the steward to procure from the cold storage markets; but it is better for the table if the cold storage supply is drawn from necessity instead of from habit.

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KITCHEN OF HOTEL STATLER, CLEVELAND

From the Hotel Monthly of January, 1913

The Hotel Statler-Cleveland kitchen is a masterpiece of the John Van Range Co.

In planning the hotel Mr. Statler gave first consideration to its working department; for no matter how beautiful or costly the structure may be in the rooms provided for guests, the hotel would be a failure from the operating point of view if the mechanical end is not such as to deliver service consistent with the rooms' appointments. He considers the kitchen the most vital part of the hotel, and it was his desire to have the kitchen of Hotel Statler-Cleveland an ideal workshop, with convenient location, compact arrangement, and the best tools to produce the finest cuisine.

The contract for the kitchen equipment was given to the John Van Range Co., in the belief that this firm, from their reputation, could deliver the goods according to specifications. President Ziegel, of the John Van Co., said to the writer: "We were given a free hand to produce the best. There are certain features of this kitchen superior to those of any other hotel kitchen."

The equipment cost $25,000.

Refer to the ground floor plan: The main kitchen, it will be noted, is located in the rear center of this floor directly back of the elevators, and arranged for service from both ends. A wide service hall between the kitchen and lobby facilitates service to the Pompeian and Formal dining rooms to the south; to the Grill room to the north; also to the dining rooms in the basement, mezzanine and parlor floors; and to all floors and the roof garden by service elevators; and there is a wide stairway at the south end of the kitchen up to the banquet room.

The dishwashing departments, it will be noted, are located at each end of the kitchen, and the chef's office controls the room. The checkers' desks are placed at pivotal points, with complete control of the waiter service.

A view of Hotel Statler, Cleveland, kitchen (showing pan rack; the wood slatted warmers; the range in the background.)

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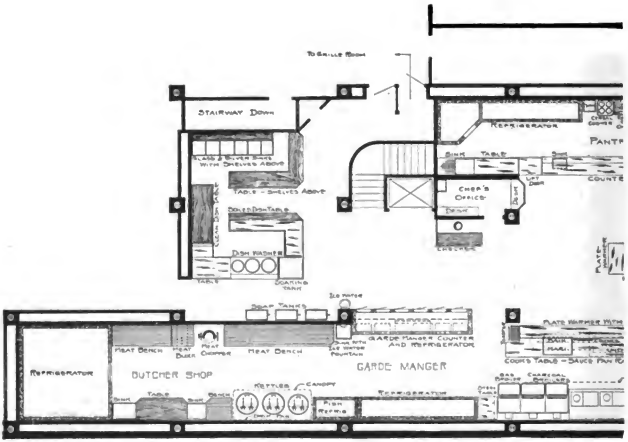

KITCHEN HOTEL STATLER, CLEVELAND. (Furnished by John Van Range Co.)

The plan affords a study of kitchen arrangement for doing a vast amount of work economically and well in the smallest space consistent with such requirement. The practical caterer will appreciate the locating of this and that department, from range to pot sink, as consistent with intelligent and economical operation. Every inch of space had to be utilized, and is put to good use.

The range is of eight-gauge steel, forty feet long, four feet wide, the top eight inches wider than the regulation hotel range, and the heaviest ever made. It is arranged for natural gas fuel now, but coal can be used.

There are two French charcoal broilers and one gas broiler, and a quick game oven on top. There is a quencher tank for incipient fat fires.

The canopy over the range and kettles is 63½' long and weighs 6,500 pounds. It is of ten-gauge aluminum coated monel metal and cost $2,000. This monel metal is hard to get. The aluminum coating is put on under a heat of 1,500 degrees. It hooks into the pores, and does not flake—is there for all time. The monel metal is a residue from cobalt. It is 75 per cent nickel, 23 per cent copper, and 2 per cent iron. It is harder than nickel.

The cooks' table is all ⅛ inch steel; on the range side, metal racks for shelves; on the front, a polished plate warmer, lined, ends and sides, with ash slats, so that no china or silver touches the metal. The cooks' table drawers are of steel, and provided with locks.

The bain marie is all of monel metal, and with overflow. The service shelves are of metal and welded and bent so there can be no leak.

The carving table is of monel metal; the service counter 4' high with porcelain top.

The sauce pan rack is nickel plated.

The garde manger department is as wholesome as can be made.

The cold storage is with Jewett boxes.

The pantries are laid out so that the urns are in the center; and the service of cereals, the egg boiler, and waffle cooker, the salads, ice creams, etc., handled to best advantage. The shelves and working board are of monel metal. The cold plate receptacle in front is wood slatted to protect the dishes from the metal. The urns, of which there is a battery of five, are built with special cover which lifts and automatically swings and replaces.

The Monfort roll warmers are located in front of the pantry, between it and the carving table.

There is a battery of 8 Curtis egg boilers.

The kettles are lined with ⅛-inch block tin. There are two of eighty-gallon, and one fifty-gallon capacity, set in steel boiler pan.

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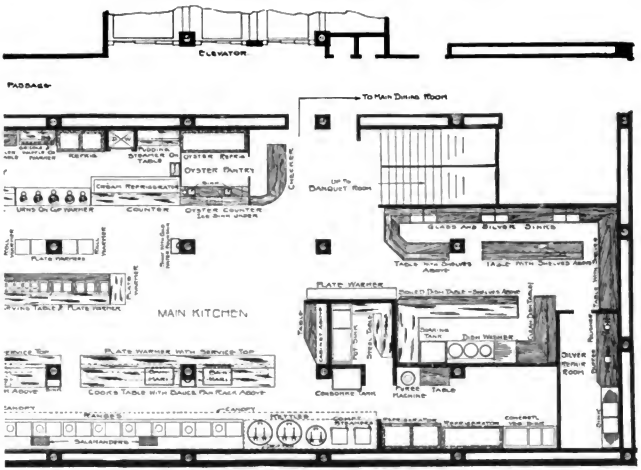

KITCHEN HOTEL STATLER, CLEVELAND. (Furnished by John Van Range Co.)

There is a big tub boiler for reducing. This boils for days and days, and its capacity may be imagined when it is stated that soup was made for six thousand persons for the opening day functions.

The coppers are the heaviest ever manufactured.

There are two steam cookers, with escape and cam lock.

There is a cold consomme tank equipped with refrigerator coil.

The pot sinks, hid in a bricked room, have overflow to sewer. The tank is 7½'; the rinse to correspond, and the shelves are galvanized.

The dishwashing department is about as complete as can possibly be made for this purpose. Blakeslee dishwashing machines are installed. These have brass tanks. There is an extra large soaking tank for caked dishes, as cereals, egg, etc. It will hold four baskets at once to soak in cold suds before placed in the machine suds tank.

The scrap table has cypress slats over the metal, so that no china touches the metal. The scrap hole is of rubber. A clever arrangement of the drain board prevents water reaching the clean dish table.

All tanks are welded.

There are three tanks for soft soap. These are made of seamless boiler plate and with vapor pipes over.

The silver and glass are washed by hand. The rinse tanks are built for overflow to keep the water always free from scum.

The kitchen tables are built with bull feet.

The Dilg knife cleaners and silver buffers and polishers were selected.

Special banquet wagons are used to keep the dishes hot for course service.

The checkers' desks are equipped with cash register and Lamson pneumatic tubes.

The kitchen has red tile floor and white enamel walls.

Champion Meat Slicer

The hotelkeepers who attended the meeting of the Illinois Commercial Hotel Association in Rockford witnessed a demonstration of the work done by the American slicing machine; saw it cut bacon, ham, dried beef and other meats to any desired thickness, the dried beef so thin as to be transparent. The work of slicing was done at such speed, and so superior to hand work, that the machine demonstrated not only its usefulness, but its economy as both a labor and material saver, and impressed those who saw it with its being able to pay for itself in these respects in a short while.

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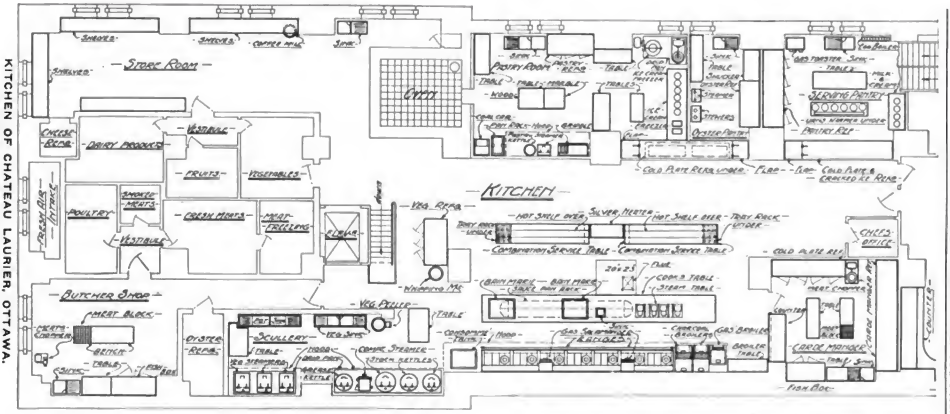


KITCHEN OF CHATEAU LAURIER, OTTAWA.
(Equipped by the Gurney Foundry Co.)

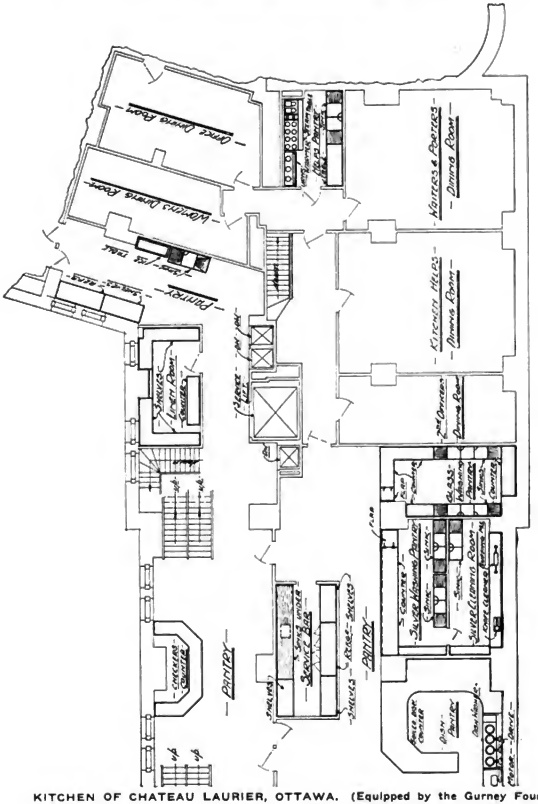
THE KITCHEN OF CHATEAU LAURIER, OTTAWA, ONT.

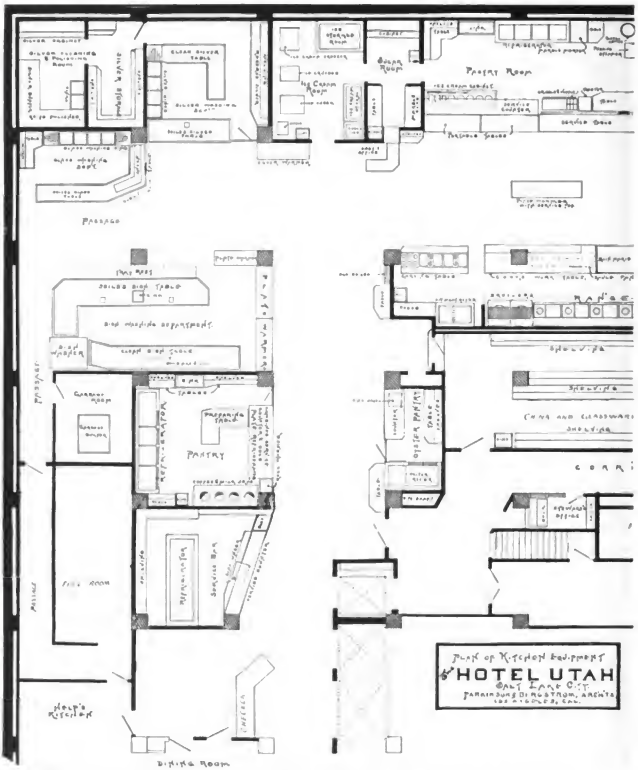
From the Hotel Monthly of December 1912

The space occupied by the kitchen proper is 136' by 56'.

The kitchen was equipped throughout by the Gurney Co., of Toronto, and is one of the best and most sanitary food factories on the continent. The plan herewith presented is so clear that it speaks for itself. Note the abundance of space for all departments, the kitchen proper centering. Note to the left the store room and butcher shop, and the refrigerating boxes. This part of the kitchen merits careful study, in particular the arrangement of the cold storage apartments. Note the vestibule from the store room, with entrance to dairy products, fruits and vegetables, and separate entrance to the vegetables box alongside the freight elevator. Note the vestibule from the butcher shop, with separate doors to poultry, smoked meats, fresh meats, and meat freezing boxes. Note the butcher shop and its

A view of the kitchen in Chateau Laurier.


Private Dining Room
Waiters' Dining Room
Table
Table
Pantry
Waiters & Porters
Dining Room
Kitchen Help's
Dining Room
2nd Cooks
Dining Room
Dumb Waiter
Dumb Waiter
Dumb Waiter



THE KITCHEN OF HOTEL UTAH, SALT LAKE CITY

From Description of Hotel Utah, Nov. 1911.

The space available for kitchen and storeroom purposes was 170′ by 76′. The plan shows how this space was utilized.

The walls of the kitchen are all of white glazed tile, the floor of mosaic. Every article of furniture is up from the floor, and all corners are rounded tile, so there is no excuse for lodgment of dirt or vermin, for the entire room can be cleaned with the hose.

The steward's office controls the different storerooms, the refrigerators, and the wine rooms. The chef's office controls the entire kitchen. Make a careful study of this kitchen plan. It will

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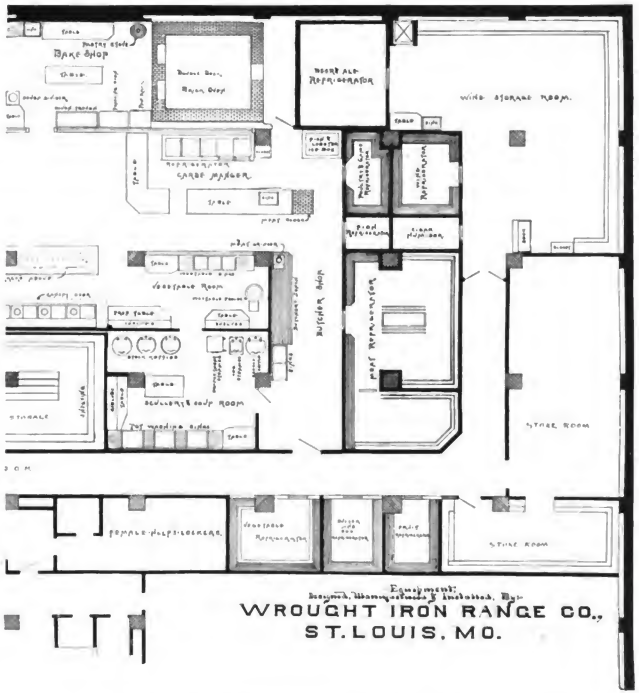

amply repay for the ideas therein expressed. Note the waiters' entrance on floor level from the grill; the waiters' entrance by partitioned stairway from the restaurant and banquet rooms; the service elevators for carrying waiters and their loaded trays to the banquet rooms. Note the checker's stand controlling all waiters' entrances and exits; the service bar near the checker's stand; the service pantry, with urns, roll warmer, and refrigerators for cold plates, salads, etc.; and across the corridor from this pantry, the oyster pantry. Convenient to these pantries is a double deck rack for aluminum trays. At the kitchen end of the corridor are the battery of plate warmers and the automatic egg boiler.

Now we enter the kitchen proper. To the left are grouped the dish washing, the glass washing and the silver washing departments; the counters for receiving the soiled wares handy for waiters' deposits, and the receptacles for cleaned and warmed wares as handy as handy can be for the waiters. Back of the silver washing department is the silver storage, silver cleaning and buffing and knife polishing department.

Now walk along the kitchen. Note the broilers and ranges to the right, with carving table, cooks' tables and bain marie, the vegetable room

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beyond the ranges; in the center of the kitchen the plate warmer with service top; to the left the ice cream, sugar and pastry rooms, and the bake shop with double deck oven; at the far end of the garde manger department with refrigerator equipment; and back of it the butcher shop with work bench, meat cutter, meat, fish, poultry and game refrigerators, and the fish and lobster box. Pass through the butcher shop to its far end, and enter to the right the scullery and soup room, partitioned off from the kitchen proper with brick wall, and self contained for its purposes, as it should be.

Now return to the main service corridor. Turn to the right beyond the service elevators and enter the steward's corridor. Here at the entrance is the steward's office, with all that goes on in his department under his eye. The china and glassware storage room is across the corridor from the steward's office. Walk down the steward's corridor to the door, entering the butcher shop, and note the grouping of the refrigerators, the vegetable, butter and egg, and fruit cold storage entered direct from the corridor; the meat and other refrigerators through the butcher shop. Follow the steward's corridor further along and it leads to two large storerooms connected with each other by doorway, and at the far end of the corridor the wine storage room, directly connected with which is the cigar humidor, wine refrigerator and beer and ale refrigerator.

KITCHEN OF THE BLACKHAWK, DAVENPORT, IOWA

From description of The Blackhawk, Davenport, Iowa, April, 1915

To the practical hotel keeper the kitchen of The Blackhawk is perhaps the most interesting feature. This department is superior to that of the average hotel, for the reason that the architects took it into consideration from the beginning, and before completing their plans were guided by advice from a practical hotel man; also by the manufacturer of the kitchen equipment, as to the important features of drainage, ventilation, plumbing, steam and water connec-

A kitchen scene in Hotel Blackhawk, Davenport, Iowa, showing the range, broiler, cooks' table; the garde manger counter to the left; the checker's desk to the right. This room is of so attractive finish that it is open to inspection of guests at all times.

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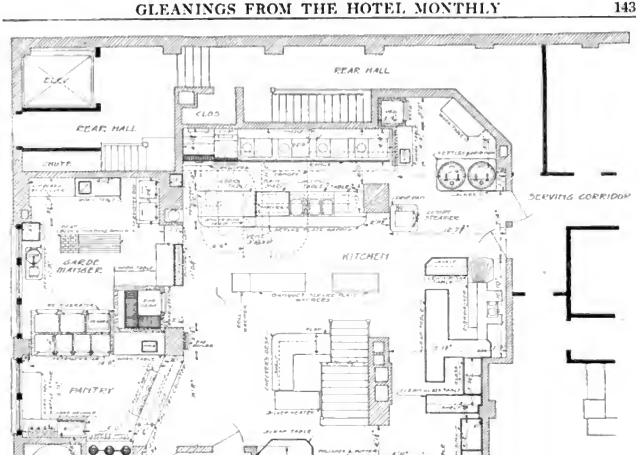

Plan of Kitchen, the Blackhawk, Davenport, Iowa, arranged and equipped by the Burton Range Co., Cincinnati. Just inside the entrance from the main dining room is the silver sink and silver heater to the right of the checker's desk; and to the left the pantry with coffee urns, cake griddle, toaster, waffle stove, refrigerators and ice cream cabinet; and alongside the pantry, the egg boilers. The center part of the room is clear except for banquet service plate warmers and roll warmers, which are located at the foot of the wide stairway leading to the banquet room overhead. The cooks' table and bain marie is in front of the range and broilers. The garde manger, fish and oyster box, meat block, Buffalo meat chopper and refrigerators for daily meat supply are to the left. The second cook's refrigerator, the garde manger refrigerator and the pantry refrigerator are shown grouped back to back, an economical arrangement. The compartment steamer is to the right of the range, and back of it the stock kettles and vegetable preparing room. To the right of the kitchen is the Niagara dishwashing machine, and the table display accessories for china and glass. The pan sink is shown in the lower right hand corner. The Tahara silver burnishing machine is located convenient to the silver sink. The serving corridor shown to the right leads past four private dining rooms to the lunch room, which is shown on the floor plan.

tions, and many other details that insure good working conditions when properly attended to before work on the structure commences. So it is that while space devoted to the kitchen is, perhaps, none too large, yet it permits the compact placing and arranging of the many different articles of equipment, so that the work of the cooks and the waiters is unhampered by any makeshift arrangement.

And, in the equipment of the kitchen, the house is particularly fortunate. The plans and specifications of a reliable range house were accepted, and these called for an installation of the first class, so that the satisfactory cuisine could be assured; and, also, that the finish and furnishment of the room to be so attractive as to be an advertisement for the house, in the sense of its being open at all times to inspection of the patrons.

The space is 45' by 52'. The walls are white glazed tile to ceiling, and the floor of red tile. The ventilating ducts and all exposed pipes are of planished iron.

All equipment for cold service is of steel, white enameled; and for hot service polished iron with polished steel trim. All furniture is up twelve

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inches from the floor; the feet of cast brass. The kitchen furniture was made by the Burton Steel Range Co. The Burton French coal ranges are of the heaviest construction, each section containing one oven 24x27x17 inches, the top cooking surface is 16 1/6x31½ inches, with a double plate shelf above, giving ample space for utensils. There is a French charcoal broiler and an auxiliary gas broiler. One of these broilers is of the "Acorn" Rathbone-Sard type.

The cooks' table, bain marie, and carving table in front of the range is all steel. Under the cooks' table, in front of the broiler, is a broiler's short-order box. The entire front of the table is a Burton service plate warmer with body of polished iron, polished steel trim, and fitted with horizontal sliding doors, the top a serving shelf of polished steel. The bain marie has crocks of Hall china.

In the direct center of the kitchen are combination banquet service tables and plate warmers, built of right height for tray stand, and with steel top. They are riveted to angle, and unsaggable. The roll warmer, alongside the banquet table, is of the Burton type, with live steam injector, the doors opening from the center.

The garde manger is a wholesome looking room with its bright enameled counter and other fittings. This white enamel is on 18-gauge steel fastened against 16-gauge steel body, and is typical of the other white enameled furniture. The kitchen plan shows the compactness of this garde manger department; the oyster box to the right, with fish table of metal; the meat block and cutting bench in the center of the room; the Buffalo meat chopper that has become so indispensable in all well-appointed garde manger departments. And there is abundance of refrigerator accommodations for all requirements. The garde manger refrigerators are back to back with the pantry refrigerators and second cook's box, thus economizing the refrigeration. There is also receptacle space for garnishings and cracked ice.

Keeping Track of Things

From description of Hotel Rogers, Minneapolis, October, 1911

The system of keeping track of things is simplified with time stamps, tags, and a basis of exchange, as a clean piece for a soiled piece. Steaks, etc., in the short order box are tagged for inventory and to accurately check issues against sales. All orders are timed, so that receipt from and delivery to waiter is matter of record by automatic time stamp. Orders for tea and coffee are checked the same as customary for bar drinks. Ice is cubed and chipped, and charged out to departments the same as provisions. All these things in the interests of getting exact information regarding cost and time taken by employes to do certain kinds of work.

In the Steward's Department

From description of Hotel McAlpin, New York, May, 1913:

A look into the refrigerators: Continuing our tour through the stewards' department: The ice boxes (Lorillard), are inspected, and the system of management explained. The working stock of meats, etc., is maintained to an approximate amount, and issued in rotation according to time stamped on tag. All meats are tagged, showing the history of each item for identification and inventory purposes. This is a copy of tag:

O

HOTEL McALPIN

Received .....
From .....
Pounds .....
Pieces .....
Cost Per Piece $.....
Invoice No. .....

TAG FOR MEATS: SIZE 2x3 INCHES.

To illustrate quantities of working stock; take the item of loins. These approximate 200, and are a month old when stocked.

* * *

The guttered scrap table: The scrap tables in the dishwashing departments are edged with a gutter leading to scrap hole. This, Steward Kast explained, effects a saving in silver, as by traveling the gutter way, stray silver is discovered.

Another device is a warmer for cups. It has steam coils all around and under the top, and the cups set individually into wire nests. This prevents breakage of handles, in particular.

* * *

Clean cupboards and sinks: All cupboards and sinks are locked when not in use, so as to prevent dust settling in them; this in the interest of sanitation; for, said the steward, we cannot be too careful to have things clean and wholesome.

Also, he explained, the reason why service in his department is continuously keyed. Mr. Kast was drilled in the German army, which is the greatest exposition of system in the world, and the keynote of which is "Be ready." That is the maxim in the McAlpin catering department, "always ready," no matter how big the function.

It is of the utmost importance that men and women employed in hotel, restaurant and institution kitchens be in good health and of clean habits. It is a danger to any community to have its foods prepared by people infected with communicable diseases. The people so fed are wounded with invisible weapons, and should be protected. The caterer should be conscientious in affording this protection.

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KITCHEN OF THE BLACKSTONE, CHICAGO

From the Hotel Monthly of June, 1910

KEY TO THE BLACKSTONE KITCHEN PLAN: 1—Pot sink, with shelving above; 2—Large pot sink; 3 and 4—Preparing table; 5—Hall's "kitchen king"; 7—Potato cutter; 8—Preparing table; 9—Shelving; 10—Vegetable sinks; 11—Potato peeler, Delphire; 12—Preparing table with shelving above; 13—Copper drip pan under steamers; 14 and 15—Compartment steamers; 16—Cooks' refrigerators; 17—Copper cooling kettle; 18 to 22—Copper steam jacket kettle; 23—Cast iron grease kettle; 24—Copper drip pans under kettles; 25—Pot and pan table with shelving above; 26—Broiler cooks' refrigerator; 27—Charcoal broiler with gas lighter; 28—Ten gas broilers; 29—Gas salamander above range; 30—Four-fire range; 31—Gas salamander above range; 32—Six-fire range; 33—Ventilation hood above ranges, etc., to vent kitchen; 34—Closed bain-marie in front of broilers; 35—Cooks' sink of German silver; 36—Elevated hot shelves; 37—Heavy steel cooks' tables; 38—Large closed bain-marie pan, enameled; 39—Oyster bowls steam, German silver top; 40—Elevated hot shelves; 41—Cooks' sink of German silver; 42—Heavy steels cooks' tables; 44—Wood service table; 45—Russia iron brass-trimmed silver heater, wood top; 46—Wood service table; 47—Large Russia brass-trimmed silver heater; 48—Wood service table; 49—Russia iron brass-trimmed silver heater, wood top; 50—Small Russia brass-trimmed silver heater; 51—Wood service table; 52—Enterprise electric meat cutter; 53—Meat-cutting bench of maple; 54—Heavy butcher's sink; 55—Meat-cutting sectional block; 56—Carrara white glass service shelf; 57—Combination service refrigerator; 58—Cold meat refrigerator; 59—Service sink; 60—Combination service refrigerator; 61—Carrara white glass service shelf; 62—Bouillon service cabinet; 63—Cold meat refrigerator; 64—Fish refrigerator; 65—Lobster refrigerator; 66—Wood preparing table; 67—Chicken butcher's sink; 68 and 69—Wood cutting bench; 70—Fish butcher's sink; 71—Chicken refrigerator; 72—General kitchen refrigerator; 73—Vent duct; 74—Crushed ice refrigerator; 75—Dummy service tables with shelving above; 76—Wall wood shelving; 77—16-inch marble mortar and stand; 78—Special counter sink; 79—Carrara white glass service shelf; 80—Oyster counter with slate slabs; 81—Special counter sink; 82—Wood kitchen cabinet; 83—Oyster pantry refrigerator; 84—Wood table with shelving above; 85—Crushed ice service refrigerator; 86—Cooks' dining tables; 87—Checkers' counter; 88—Drinking water sink; 89—Kitchen closet and shelving above; 90 and 91—Kitchen storage cabinet; 92—Kitchen closet with shelving above; 93—Wood table with shelving above; 94—Special silver sinks; 95—Heavy wood dish table; 96—Silver storage closet with drawers; 97—Silver storage cabinet; 97—Silver storage closet with drawers and shelving; 98—Dilg knife polisher and table; 99—Hamilton & Low buffing motor; 100—Wood table to support machine; 101—Scratch brush motor; 102—Washing sinks; 103—Wood table; 104—Wood table for clean silver, with shelving; 105—No. 3 Blakeslee silver washer; 106—Special soaking sinks; 107—Clean silver and china table; 108—Wood table for soiled silver; 109—No. 7 Blakeslee dish washer, special; 110—Wood receiving table for dishes; 111—Wood soiled dish table; 112—Sink in table for soaking dishes; 113—Chef's desk; 114—Chef's cabinet; 115—Chef's clothes closet; 116—Chef's dining table; 117—Assistant chef's desk; 118 and 119—Copper nickel-plated roll warmer; 120—Battery of urns and cup heater under; 121—Wood table and special shelving above; 122—Wood table; 123—Coffee pantry sink; 124—Wood table and special shelving above; 125—Milk and pantry refrigerators; 126—General pantry refrigerator; 127—Salad pantry sink; 128—Wood preparing table; 129—Combination service refrigerator; 130—Carrara white glass service shelf; 131—Coffee pantry service counter; 132—Special steam bowls, German silver top; 133—Wood preparing table; 134—Wood closet and service counter; 135—Special cereal cooker; 136 and 137—Four-bucket Curtis egg boiler; 138—Wood service counter; 139—Cake griddle and special waffle irons; 140—Gas pastry stove; 141—Double deck pastry oven; 142—Single deck bread oven; 143 Bread shop sink; 144—Wood table with iron bread closet above; 145—Iron bread closet; 146—Wood work table; 147—Wood preparing table; 148—Iron proofing oven; 149—Flour sifter; 150—Triumph electric dough mixer; 151 and 152—Steel dough trough; 153 and 154—Preparing table of wood; 155—Bakery refrigerator; 156—Marble slab; 157—Wood work table; 158—Sink in table; 159—Copper pastry kettle; 160—Copper pastry kettle, tilting; 162—Wood preparing table; 163—Pastry shop sink; 164—Wood flour bins; 165 and 166—Wood preparing table; 167—Wood service table; 168—Special ice cream refrigerator; 169—Ice cream storage refrigerator; 170—Wood special cabinet; 171—Wood service table; 172—Sink in the table; 173—Wood service table with shelving above; 174 and 175—Wood service counter.

The Blackstone is the first of the great modern

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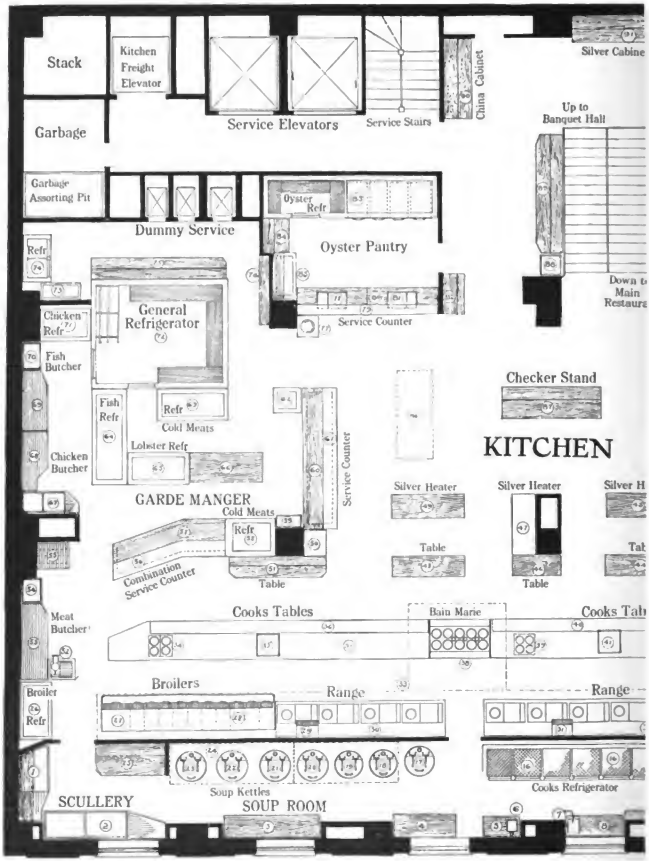

KITCHEN AND BAKERY, THE BLACKSTONE, CHICAGO. (Designed and equipped by John Van Range Co.)

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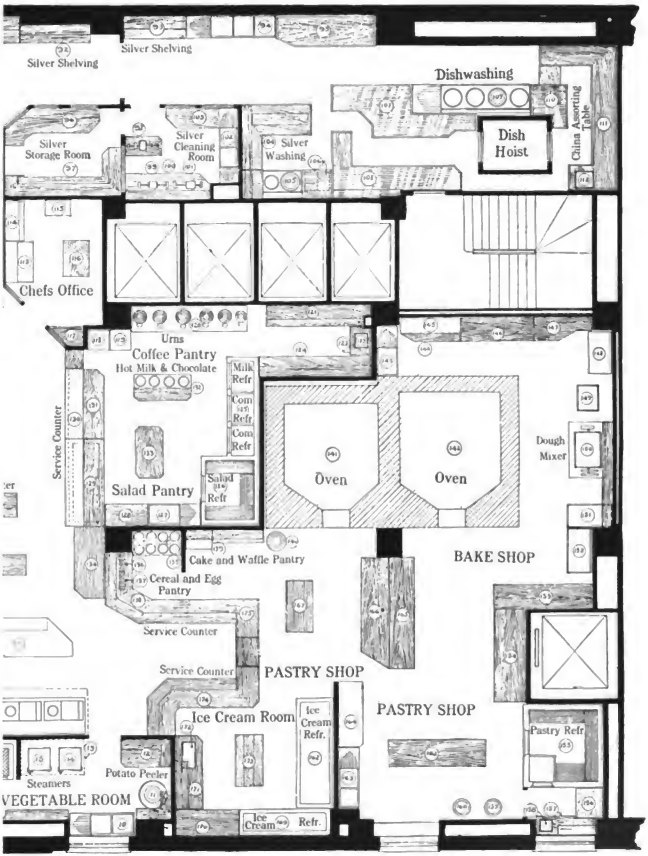

KITCHEN AND BAKERY, THE BLACKSTONE, CHICAGO. (Designed and equipped by John Van Range Co.)

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hotels to locate the kitchen on what may be called the parlor floor (far removed from the basement), where the working conditions are of the most wholesome type, the mechanical ventilation thoro, and the facilities for service to the dining rooms greatly improved over those of kitchens located in the basement.

It was a daring departure to appropriate such valuable space for the kitchen; but we venture to say it is the best policy to devote this valuable space to this department; for the kitchen is, in many respects, the most important part of a hotel. It should be safeguarded with every feature making for wholesome and sanitary conditions, both as to the cooks, the supplies, and all that goes to make up the dining room service. It deserves much larger space and better location, drainage and ventilation than the average architect plans for it. In The Blackstone the kitchen is given the consideration it deserves, and the result is the Blackstone cuisine will be unsurpassed anywhere.

The kitchen floor is 9x9 English red tile pitched to drains. The ventilation is by ducts inside the floor above.

There is no carving table in the Blackstone kitchen, Chef Becker believing that the meats deteriorate when exposed on the carving table; so all joints are kept in ovens over the range, and the cooks do the carving from the range.

The ranges, broilers and soup kettles stand on special raised foundation.

Especial pains were taken to have the pantries provided with every convenience for promoting quick, correct and dainty service. The five service counters are topped with white Carrara glass, one inch thick. The refrigerators are of ample capacity; the protected shelving for china and silver kept at desired temperatures; the department for cereals especially elaborate, insuring the sending to table of these foods in perfect form. The service of hot and cold milk, chocolate, etc., is from porcelain receptacles under German silver covers. The service of tea is elaborate: silver tray, silver tea pot, a silver water pot over alcohol lamp, silver sugar bowl and cream pitcher, and glasses for lemon and ice; the tea sent to table in separate envelope, marked with the kind. The waffle irons are a special design of Chef Becker's. The Curtis egg boiler is used.

The oyster pantry has special bins for the different kinds of oysters, slate counter top, and chipped ice compartments.

All refrigerators stand four inches from the floor, each on insulated block of cement. Every box has outside drain. The refrigerators in the pantries are all with German silver tops. The refrigerators in the service rooms all have the pull-out shelves for the convenience of resting, assorting, etc.

A new feature of the kitchen tables is that the legs are of sheridized iron, which looks like nickel, but will not flake off or rust; and on the foot of each leg is a brass cap to protect the floor. This sheridized iron is something new. The iron is heated, then rolled into a powder of zinc which is amalgamated into the iron, and in the finish gives the nickel appearance. It is very hard, and, unlike nickel, can be roughly handled, just as iron is, without showing a scratch.

The dishwashing machine is a No. 7 Blakeslee, with one rinse and three suds tanks, capacity 12,000 pieces per hour; occupying floor space less than three by nine feet, and operated with 1½ h. p. motor. The Blakeslee company also installed a silver washing machine similar to the dishwasher, except smaller; also an ice chipper and ice cuber, both these machines of the latest improved type. The ice cuber is operated with 1 h. p. motor.

A novelty in the kitchen service is an automatic dish elevator, by which dishes are carried in wooden trays on endless chain to and from the dishwashing department.

The Dilg knife polisher is installed.

The kettles and steamers are out of sight, back of the kitchen proper, all ranged in a row. There is a battery of seven copper kettles, composed of three stock kettles 70 gallons each, two 50 gallons each, one 70 gallons, used for consomme cooler, and one 60 gallons, for grease. Each kettle and steamer has direct ventilation to the stack. The kitchen plan shows the location of steamers, vegetable boxes, and pot sinks in the kettles' corridor.

There is a separate service kitchen on the ball and banquet room floor especially for banquet service.

* * *

Said F. E. Ricketts, of the John Van Range Co. (who superintended the installation of the kitchen department): "I don't suppose there is another hotel in America, and possibly not in the world, that has its kitchen so well adapted for service to the dining rooms as The Blackstone. In what I am going to say I am not taking any credit for the John Van Range Co., but want to say that the Drake Brothers, and the architects, in locating The Blackstone kitchen where they have, midway between the main restaurant and the banquet hall; and fixing the main stairways to these rooms for convenient and quick service; and locating the freight and service elevators, the service stairways, the dummy service lifts, and the garbage chute where they have; and putting the kitchen up where there is such an abundance of window light; and fixing the floors

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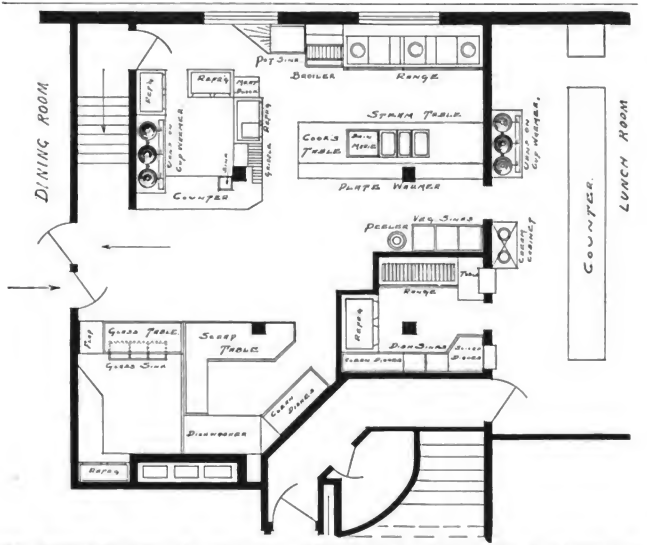
with gravity drain; and putting the ventilating ducts up out of the way, they provided the kind of a room that does a range man's heart good to be turned loose in and given every opportunity to arrange and supply a first-class equipment. It was up to our firm to take advantage of all these good things in the space allotted for the kitchen; and you may be sure we have done our level best. We have put in the finest ranges, tables, pantry equipment and utensils it is possible to make. We were instructed to do this, and the result shows. In the plan you are going to print your readers will see the general layout, and those familiar with kitchen requirements, especially for the first-class hotel, will appreciate the many good points."

The refrigeration, by Kroeschell machines, is in two units, one of 120 tons for air cooling; the other of fifty tons for general refrigerating. The capacity for ice making is eight tons daily, using for this purpose the Jewell system, which freezes the ice in cans from the pure water. In the freezing process the water is agitated with air jet, which throws out all impurities. The ice tanks are in brine. The ice is made by this process much quicker than by other methods. Alongside the refrigerating plant is a condensing coil composed of a mile of pipe.

KITCHEN OF WOODRUFF INN, JOLIET, ILL.

The kitchen has Wrought Iron Range Company equipment, the fuel coal and gas. It is located directly between the main dining room and the lunch room, and its arrangement to serve this purpose is clearly shown in the plan. It will be noted that the pantry and dishwashing departments are most convenient to the dining room entrance, and that the lunch room is practically self-contained as to its operating features, having urns and cream cabinet within the room, and a small kitchen for 24-hour work independent of the main kitchen. The main kitchen has Bromley-Merseles dishwashing machine, Blakeslee knife cleaner, Elgin butter cutter, and the mechanical devices for egg boiling, vegetable paring, roll warming, ice chipping and the like.



Plan of kitchens for dining room and lunch room of Woodruff Inn, Joliet, Ill., designed and equipped by the Wrought Iron Range Company, of St. Louis.

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BEING PURIFIED—OFFICIALLY

It's n pity always to be obliged to explain that one believes in purity of all kinds—mental purity, physical purity, poetic purity, dramatic purity, political purity and *"pure food!"*

Every hotelkeeper is pestered by the salesman who lands his food products for "purity" and, inferentially, lays nll his competitors under suspicion of not being in his "pure" class.

How long must the purveyor of foods be subjected to the petty interferences of officials lacking any adequnte scientific knowledge and possessing a vacant space where a large bump of common sense should be prominent?

The writer stopped at a fnncy fruiterer's stand one cold night this November and demanded, in a voice meant to give an impression of authority, what said vender meant by displaying strawberries for sale without n license, when he knew they were out of season. The "bluff," intended for a joke, was taken seriously, and the fruit dealer humbly replied that he did not know about n license being required, nor that it was illegal, and "How much is the license?" Being reassured, he explained that one never could tell, ns the health officer had, the week prior to my visit, ordered the replacement of an electric overhead rotary fan "to blow the dust away from the fruit." If the order had been to protect the fruit from street dust it might have been justifiable.

Our wholesale meat supply house is under government supervision—and we lnsten to say: "Right and good." But whnt must be thought of the wise discretion of officialdom when they require knives and saws—handles and nll—to be boiled a half hour each night? Then think on this: The meat blocks upon which meats are cut and bones chopped and sawed all day are never sterilized or boiled.

Benzoate of soda, used in medicine in doses of five grains and upwards with good effect for various irritations of a catarrhal character, comes under condemnation of "pure food" writers when used ns a preservative in catsup in nmount of 1/10 of 1 per cent. About the heaviest catsup on the mnrket weighs 530 grains per fluid ounce, so the person consuming an ounce of catsup—which is probably a fair average quantity—would get only n little more than half a grain. To be exact, fifty-three one hundredths of one grain. Which is better, to have catsup "working," or fermenting, in the bottle when kept nt the usual temperature of many restaurants, or the benzoated kind? The writer uses a catsup without the benzoate; but looks for the catsup with the 1/10 of 1 per cent when away from homc.

Glucose seems to be under the ban on the old principles of "give a dog a bad name." Yet some authorities regard glucose ns being more readily nssimilable than cane sugar. There was a time when Italian or French chestnuts came to the American market preserved in glucose and flavored with a piece of Mexican vanilla bean. But ou account of the prejudice against glucose we are now supplied with chestnuts packed in cane sugar syrup; the chestnuts, under the new treatment, often being hard and discolored and some times granulated with sugar.

At one time the finest cuts of salt codfish were prepared with a small percentage of boric acid. This was sonked out in the freshening process, so that a mere trace remained. But such clamor has been raised about boric neid that (altho it is used in eye lotions with soothing effect) the fish curers dare not use it for foods for fear of the terrible "pure food" magazine writer. Which is the better—the possibly partly spoiled salt cod of summers of the present, or the snlt and boric acid codfish we used to get? Some of us have fine cold storage rooms to keep such articles; but the housekeeper has no such equipment, and even with the cold storage results nre not always perfect.

Slightly salted and slightly borated caviar once came to this country and was of good appearance, flavor and digestibility—and the price was moderate. Now we have the alternative of fresh caviar nt $6.50 per pound, or a highly salted and unpleasnnt caviar that does not keep well in the can or out of it, and often is extremely unpleasant and probably unwholesome.

Right hereabouts is where the professional "pure food" agitator is likely to rise to remark that no foods should be preserved by *chemicals* (another bogey word); but let us think about that. Vinegar is a chemical—it is aectic acid; alcohol is a chemicnl, yet who disdains the brandied peach? Tnble salt is a chemical, it is sodium chloride, yet who wishes to ent unsalted food?

Salicylic neid arrests fermentation in cider, but its use is generally interdicted. (To be sure, it has often been used excessively and recklessly.) But isn't it a singular thing that our grandmothers kept the children quiet in church with teaberry and peppermint candies on account of their "enrminative" properties? And lns anyone stopped to consider that snlicylic acid was first derived from oil of teaberry, and that another vegetable antiseptic is the stearopten, menthol, obtained from peppermint oil?

The latest bit of official wisdom is said to be a requirement that the Cnlifornia fruit packers shall no longer label their cans "Lemon cling peaches," but "Yellow cling peaches." Some one, forsooth, would be deceived into thinking that a lemon clung to the peach!—SUBSCRIBER.

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INCREASE THE EARNING POWER

In a discussion, the other day, regarding a hotel's limitations in what it has to sell, the idea was advanced that the hotel could add to its earning power by merchandising its kitchen products and sell to other than guests. Also that by operating a business store within the house it could supply its guests at all hours with goods customarily handled by retail stores, as haberdashery, toilet articles, notions, and the like. As it is, the average hotel sells only its rooms and its board. These rooms are limited in number, and the dining room seats are limited.

The question was put: Have any hotels attempted to increase their profits beyond rooms, board, bar, cigars, clothes pressing and laundry?

One of the replies mentioned the cabinet device that has been placed in the bedrooms of a number of hotels, by which the dropping of a quarter in a slot delivers one of a limited assortment of toilet articles; the hotel receiving a perceatage on the sale.

Another instanced to this effect: There is a man in Chicago named Joseph Beifeld of Hotel Sherman, who carries a wise head. Mr. Beifeld built the Sherman on a good corner and placed business stores along the ground floor fronts, from which he derives sufficient revenue to pay ground lease and some other expenses. In this way he is not actually engaged in merchandising the goods sold in the stores in his hotel, but indirectly, from the sub-rents, he shares in the profits. But Mr. Beifeld went a great deal further than this when he started a delicatessen store in his hotel. He employes one of the ablest chefs in America to produce table delicacies. These are palate pleasers for the patrons of his restaurants. On the bills of fare there is a notation that such and such delicacies may be purchased for home consumption from the delicatessen store in the hotel. And to further the business of this delicatessen store and bring to it patronage from the outside, he has issued a circular listing more than one hundred different prepared foods under head of "College Inn Specials," which brings a lot of business to the Sherman that would not come otherwise. He has abundant kitchen facilities, and it is simply a matter of executive talent, and the producing of prepared foods in larger quantities for the sale outside the dining rooms.

* * *

To be further informed on this delicatessen business, we have procured a copy of the circular, which is headed: "COLLEGE INN KITCHEN SPECIALTIES FURNISHED IN SEALED GLASS JARS! Under this head are included foods cooked in the Hotel Sherman kitchen and guaranteed in quality to be exactly the same as served in the College Inn. Everything will be cooked to order under the direction of M. Stalle, the chef of the Hotel Sherman."

To illustrate the wide range of these specialties, we quote from the circular under head of Soups: Green sea turtle; Bisque of crabs, of oysters, of clams; Crab flakes a la Richelieu; Cream of fresh mushrooms, St. Germain; Chicken gumbo, Creole; Mulligatawney, chicken, vegetables; Puree of chicken a la Reine; Mock turtle a l'Anglaise (the real onion soup of Paris).

Under head of Entrees and Specials there is listed: Chicken a la King; Creamed chicken with fresh mushrooms; Chicken a la bung loo (chicken chop suey); creamed chicken, mushrooms, paprika sauce; Unjointed milk-fed chicken, fried in butter; Crab meat, Maryland; Lobster Newburg; Shrimp a la Creole; Sweetbreads, Creole; Cubed beef tenderloin, mushrooms and peppers; Creamed Hungarian veal goulash.

Under head of Cold Dishes and Salads: Chicken in aspic; Lobster in aspic; Shrimp and sardine aspic; Lobster, Chicken, Crab meat, Herrings, Russian, Macedoine and Waldorf salads; Potato salad with oil dressing, with bacon dressing, with cream mayonnaise.

Under head of Roast Fowl, etc: Whole roasted poulard, capon, spring chicken, turkey, squabs.

There is a list of "Assorted Hors d'Oeuvre and Canapes," also of "Fancy Reception Sandwiches," and "Fillings for Patties."

Under head of Pastries, Etc., are: Assorted French pastries, Petits fours, Coffee cakes, Cinnamon cakes, Apfel strudel, Cheese delkl, Pattie shells, Lebkuchen. Then follows a list of cold meat specials, sausages, mayonnaises, and imported delicacies featured by the hotel, all of which are on sale in the shop. And at the foot of every page is an announcement of the "K" bread, which is the German army bread.

KITCHEN OF FORT PITT HOTEL, PITTSBURGH

From descriptive article in The Hotel Monthly of August, 1909:

. . . The working department of the Fort Pitt takes up the greater part of the basement. The plan of it can be studied with interest and profit by anyone who has to do with catering. The stairways up to the restaurants are shown in the center of the plan, with checkers' stands directly alongside and within the kitchen. The space marked "Kitchen" is the only place where the waiter's work carries him, outside of the restaurants. . . . The floor space shown in the plan aggregates 110 x 216 feet. The kitchen was equipped thruout by the John Van Range Company. Reference to the key will inform in a general way of the principal articles of equipment. (See page 152)

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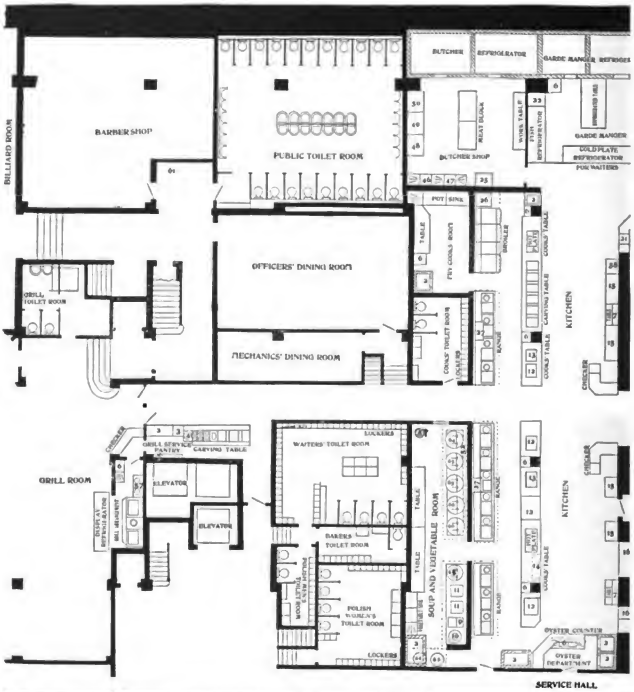

PLAN OF KITCHEN, BAKESHOP and REFRIGERATORS in the Fort Pitt Hotel of Pittsburg.
(Kitchen equipped by John Van Range Co.; refrigerators by Bernard Gloekler Co.)

The cold storage equipment (Gloekler) includes with the main storage room a total of thirty-five refrigerators. In the main storage room all interiors are finished in white enamel; the walls are cork insulated; all shelves and meat rails are made of steel and heavily tinned; the floors are of terazza and provided with special drains; all doors are provided with new patented gravity hinges and automatic fasteners, which close the doors automatically, thus doing away with door checks and springs. All other refrigerators for the various departments are of special design and unique in appearance. All doors are provided with special design of extra heavy solid brass hinges and automatic fasteners. The interiors are lined thruout with metal and enamel; all shelving is of metal; and all floors are of terazzo. From a sanitary standpoint, this equipment is unexcelled.

The fish box is something of a novelty. The fish are kept in separate drawers, each drawer labeled with the kind of fish it holds. The fish are iced daily, and the meltage is carried off by gravity drain. The top of the fish box is of marble.

The refrigerator in the salad pantry has thirty or more drawers for holding the different prepared dishes ready for immediate service.

Key to plan of Fort Pitt Hotel kitchen

2, refrigerators; 3, ice cream; 4, urn; 5, shelv-

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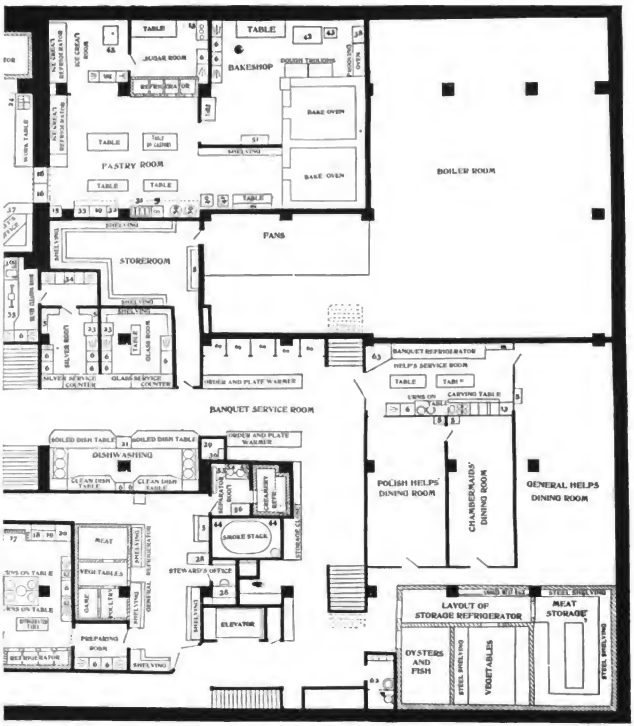

PLAN OF KITCHEN, BAKESHOP and REFRIGERATORS In the Fort Pitt Hotel of Pittsburg. (Kitchen equipped by John Van Range Co.; refrigerators by Bernard Gloekler Co.)

ing; 6, sink; 7, shelves over; 8, puree machine; 9, vegetable steamer; 10, potato parer; 11, compartment steamer; 12, bain marie; 13, hot plate; 14, closet heater; 15, plate warmer; 16, service counter; 17, automatic egg boilers; 18, roll warmer; 19, griddle; 20, table; 21, lift door; 22, fish cleaning table (marble top); 23, drier (for towels in glass and silver pantries); 24, breading box; 25, meat block; 26, gas roasting oven; 27, salamander; 28, desk; 29, garbage room; 30, garbage chute; 31, waffles; 32, toaster; 33, pudding steamer; 34, special silver sink; 35, buffing room; 36, knife cleaner (Dilg); 37, shelving for dishes and glasses used for pastry room; 38, pan rack; 39, pastry kettles; 40, dumpling steamer; 41, egg heater; 42, dough mixer; 43, sifter; 44, vent; 45, ice cream freezer; 46, butcher sink; 47, poultry sink; 48, meat grinder; 49, Lee bread crumber; 50, meat slicing machine; 51, bread closet; 52, vent pipe over kettles; 53, coil with blocked tin brine pipes; 54, cream separator; 55, milk heater; 56, milk bottle filler; 57, oyster stewers; 58, silver shelves; 61, boot black stand; 62, white females' toilet room; 63, room service; 64, 80-gallon copper soup kettle; 65, 80-gallon cast iron soup kettles; 66, 60-gallon cast iron soup kettles; 67, 40-gallon cast iron vegetable boiler; 68, smoke flue; 69, closets for storing china, etc., banquet service.

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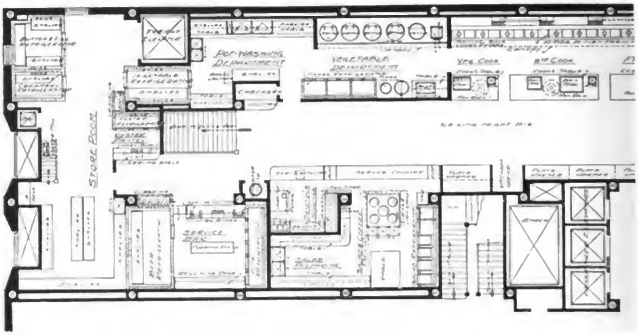

This main kitchen of the William Penn Hotel is one of the finest culinary work shops ever produced. It is a full floor and a half above ground; has window light on three sides; has perfect mechanical ventilation; and is arranged to serve dining rooms a half floor down at each end. . . . The checkers' stands are located controlling the stairways at each end. The accompanying article descriptive of this kitchen,

KITCHENS OF THE WILLIAM PENN HOTEL, PITTSBURGH

From Description of the William Penn Hotel, Pittsburgh, July, 1916.

Cold and heat installation

The contract for the cold and heat installations necessary for the storing and preparing of foods for the William Penn Hotel was the largest ever taken by a single house. This great investment was made in order that the hotel should be superlative in these respects. The Bernard Gloekler Company, a Pittsburgh house of national reputation, was commissioned to equip the kitchens, pantries and cold storage with the very best devices possible to insure the wholesome cuisine.

• • •

The main kitchen

The main kitchen, occupying the rear half of the mezzanine floor, is located somewhat after the manner of The Blackstone kitchen in Chicago, in that steps from the kitchen lead down to the dining rooms; or, rather, to the service pantries of the dining rooms on the main floor. This gives the main kitchen abundance of natural light and ventilation, in addition to the artificial ventilation, and it is as wholesome a work-room as can be made for the preparation of foods.

The kitchen walls and counters are faced with white enamel brick, Norman size (12″x4″x2½″); the floor is of tile; all ranges, steam tables and refrigerators are set up on 6″ sanitary base. The ceiling is furred; that is, it is dropped and forms a false ceiling, which hides all overhead pipes, that so often disfigure and are a nuisance in kitchens. The plumbing and drains are all of superior workmanship, placed to best advantage, so as to save pipe and space. All coils are brass. There are no pipes exposed. All the woodwork in the main kitchen, including refrigerators, counter tops, etc., is of solid walnut, finished to look like cabinet work. Even refrigerators in the scullery are so finished. The utensils are copper.

The refrigerators are built with flush doors and made air-tight by means of a gasket (patented by Gloekler) which can be taken out and renewed. The hardware is a special feature. The interiors are marbleoid finish. All small boxes are floored with ¾″ hexagon tile; all large boxes with 6″ nonskid tile. The doors of full size have double glass in upper panel.

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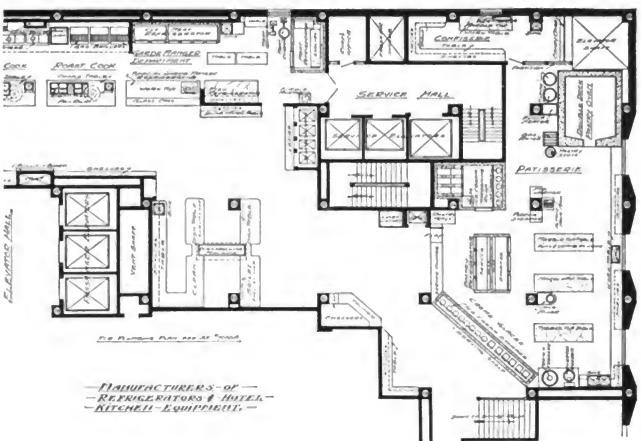

together with comment on the superb equipment, will be found interesting reading for all caterers. . . . **The dumb waiters for floor service are shown to the extreme right of the kitchen proper. . . . The pastry room is shown to the extreme right of the plan; this department fortunate with upstairs location, and with equipment second to none.**

As we walk thru the kitchen, we will call attention to the principal articles of equipment as we pass along, beginning at the end nearest the Italian dining room pantry:

Cube and frappe ice refrigerator built up of brick, with three shelves over for champagne coolers and the necessary glasses.

Coffee mill with two heads, one for ground, one for pulverized; 1 h. p. motor.

Service bar refrigerator for wines: guaranteed 2-7/10 points b. t. u. per square foot for twenty-four hours' test. The centerpiece for this bar service room in form of a pyramid stand of walnut for glassware and cocktail servers. Along the rear wall is a still wine display case, with sliding glass doors and wood panel sliding doors below, all of polished walnut.

Dietitique dupense (diet kitchen) for serving of diet foods, as cereals, toast, etc. All cereals cooked in Hall china pots. Hot plates, waffle cooker and elevated toaster for toasting both sides at once: the elevated toaster a convenience, as on a level with the cook's eye. Also, there is a small refrigerator.

The coffee pantry, centered with a battery of German silver urns, four of these grouped around hot water urn, all set up on a German silver stand; a plate warmer with sliding ball bearing doors on three sides. The urns are capped with a Gothic canopy of German silver. It has a fine appearance. The room has refrigerator equipment.

Plate warmer alongside coffee pantry (for glass, silver, teacups, etc.). This is of German silver, even to the shelves. At one end of it is a roll warmer and moistener. It has sliding doors. The moistener is by jet of live steam.

Second chef's office, controlling all kitchens. Bulletin board located on the wall near center of room.

New style pot sinks

The pot washer department: Extra large sinks (8′ long, 30″ wide, 20″ deep) in two compartments, and a small grease compartment (9″x30″) with grease trap below. The sinks are arranged one an inch or so below the other, so that a continuous supply of water in the clean, or rinse water tank overflows into the washing tank, and from there into the grease tank. The sinks are of 1/8″ boiler plate, heavily tinned after fabrication. The compartments have a 6″ working ledge in front for resting pans on when cleaning. A new idea for emptying pot sinks is by lever below to connect with throttle valve, so they can be emptied instantly; and no chain in the way. The drain boards are 7′ long by 40″ wide, flushed up in back 8″, and

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bent back 2″, giving a sanitary condition. There are two 20″ shelves over for coppers, and one shelf under.

Refrigerator box for general holdover storage.

A Lee Victor power bread crumber, and a Gloekler cheese grater.

A metal table with two metal shelves over and two metal shelves under for storage of pots, strainers, etc.

The stock kettles: three 80-gallon cast iron jacketed kettles, with copper hinged lift cover; one 80-gallon and one 50-gallon copper jacketed kettle; four-compartment Gloekler vegetable steamer. All kettles are set in 3″ depression in floor and all set up on 3″ composition marbleoid blocks, to elevate. All drain to one common center. All connect with copper vent pipe that runs along back of the kettles. Over kettles is a copper canopy, tinned inside and out. It hangs from ceiling by half-inch rod. It projects 4′6″, and along its inner edge is a gutter for the condensation.

Puree machine: Gloekler special, driven by ¾ h.p. motor, for mashing potatoes, soup straining, etc. A machine that has become popular in large kitchens.

Tilting kettle, 30-gallon, with gear arrangement for safety.

Cold consomme sink, 38½″ high, set into steel top table 42″x30″x20″ deep, running cold water all the time.

The ranges: 40′, with extra heavy cast iron

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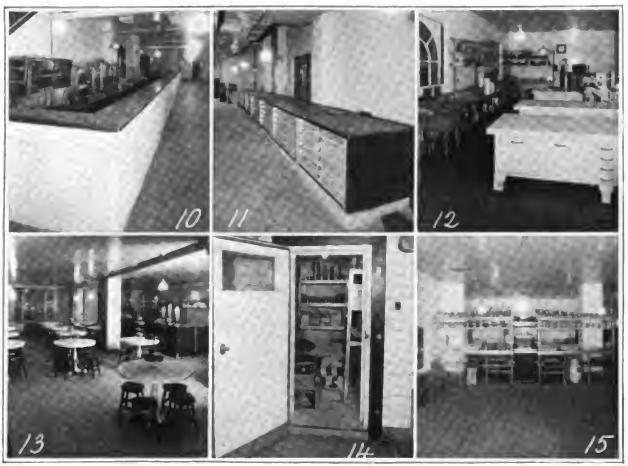

Scenes from kitchens, pantries, pastry room and store rooms of William Penn Hotel, Pittsburgh, equipped by Bernard Glockler Company: 1, ranges, main kitchen; 2, cook's tables with new style pan racks, main kitchen; 3, roasting ovens, broilers and ranges, eighteenth floor kitchen; 4, German silver coffee urns in pantry, main kitchen; 5, silver heaters, main kitchen; 6, service counter in Elizabethan kitchen; 7, stock kettles, main kitchen; 8, pot and pan washing room; main kitchen; 9, dietetique dupense (diet kitchen) in main kitchen; 10, pantry for the banquet room; 11, banquet heaters; 12, corner of pastry department; 13, maids' cafeteria style dining room; 14, refrigerator in stock room; 15, scrap table and dishwashing machine.

top 1″ thick; the ranges 4′6″ wide, with two large shelves and four 30″ gas salamanders over. The doors of drop type and guaranteed to sustain a weight of 1,000 pounds when open. The ranges connecting up with 3″ gas line with one controlling valve at end. All ranges are connected up with secret brick flue, which runs entire length of range, and connects with main smokestack. This gives apparent absence of flues, yet each section has its own flue.

Three 36″-6′ high Gloekler roasting ovens; all polished trim; and three 36″ special Gloekler gas broilers. All broilers and roasting ovens connected up with separate gas connection operated by individual valve, and one controlling valve at end of line. All ranges and broilers set up on 6″ sanitary base.

The canopy hood has a Gloekler patented baffle plate protection against fire from grease; this can be dropped from the ceiling for cleaning purposes. And it is electric lighted on the inside.

The cooks' tables: There are four of them, two 15′4″, and two 11′6″x4′. There is a space 5′ wide between the range and cooks' tables. The table tops are ⅛″ polished steel, with various bain marie sinks and steam tables set in. The bain maries are set up 3″ above the table and finished in German silver. The overflow is connected up with drain. The plumbing is an especially commendable feature. All connections are easily get-at-able; all free standing waste lines are connected with an anti-syphon trap, eliminating the use of vent lines, which improves the appearance of the kitchen.

New style pan racks

An entirely new feature of these cooks' tables are the pan racks. These look like trees, one over each table. The stem is 2½″ polished pipe carrying a 36″ diameter pot rack, which revolves on ball bearings. The capacity is twenty hooks to the rack.

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Garde manger department: Has special designed refrigerator 12′6″ long, 4′6″ wide, with elevated serving shelf and a display case over.

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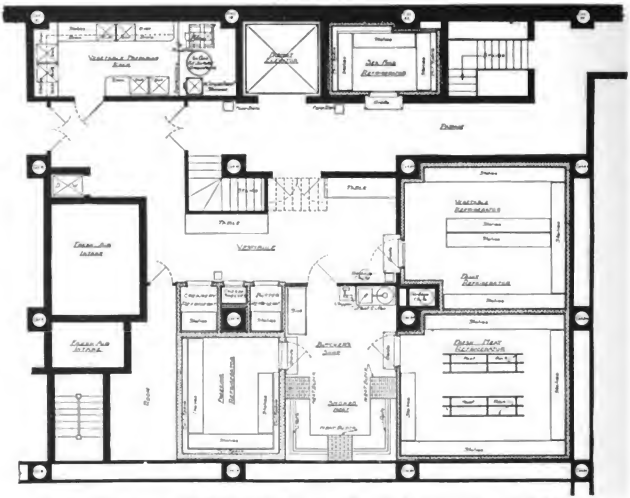


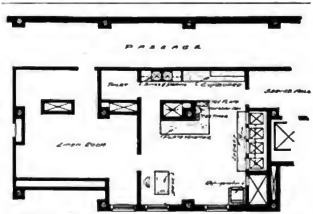
The great cold storage refrigerators in the William Penn Hotel, built by Bernard Gloekler Co.

In rear of the display case is a 3″ maple working top, which has a cold consomme compartment sunk in flush with top and cooled with coils. The refrigerator has hinged doors back and front, and refrigerator coils run thru the center. Against the garde manger wall is another refrigerator 13′ 6″, full height, divided off into two compartments with different temperatures. In the center of the room is a work table with 3″ maple top set up on 1¼″ legs, with adjustable ball feet and adjustable shelf, and with two metal drawers for knives, etc. The fish refrigerator is 9′x3′ 6″, its marble top with a gutter drain cut in around it, and three shelves over. There is a separate table with drawers and cupboards for miscellaneous storage; a sink; a Buffalo meat chopper; cutting bench with shelves under, enclosed with hinged steel door; a marble mortar.

Alongside the garde manger there rises the four automatic dumb waiters for room service; and alongside them is a dumb waiter table for general supplies; a large metal bin on rollers under the table; also a tray stand.

Floor service pantries

There is a floor service pantry on each of the third, fifth, eighth, eleventh and fourteenth floors, each pantry serving three floors, the one immediately above and below it. Each of these pantries has electric dumbwaiter connection with the main kitchen, and telautograph service with every department in the house. The equipment includes an L-shaped warmer, electric heated, with hot plate at one end and griddle and two-gallon hot water urn on the other; two bucket Curtis egg boiler; 4′x3′ 6″ refrigerator, with display cases for glass, silver, condiments, etc. A two-compartment sink. The service tables are 18″x36″ units.



Plan of Service Pantries located on the second, fifth, eighth, eleventh and fourteenth floors of the William Penn Hotel.

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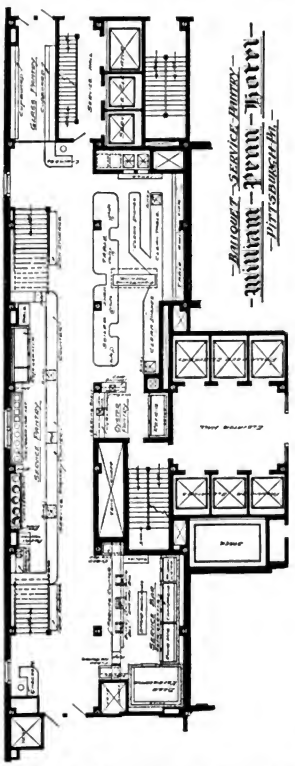
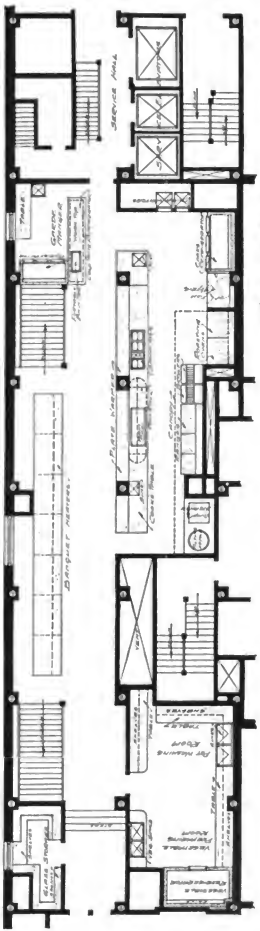


Banquet Hall Service Pantry, located on seventeenth floor of William Penn Hotel.



Kitchen of the Banquet Hall, located on the eighteenth floor of William Penn Hotel, half a story above the banquet hall.

The butcher shop

The butcher shop refrigerator is built of two layers of 2" cork with half-inch coat of plaster in between; and special built-in coil bunkers of cork insulation laid in steel frame, and entirely covered with waterproof plaster. The cork put in steel work was laid in hot pitch. The ceiling is of 8" I beams, all coils hung from ceiling. Mr. Lindsay said: "The boxes

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are designed and built of steel frame made of 8" I beams, columns and angles, so that when refrigerators were finished the steel work was entirely concealed, and all weight taken off floors of building and thrown onto columns." The doors of this (and of all the full size refrigerators) open from inside as well as outside. Lights are automatically turned on when door is opened. The shelves are of steel, adjustable, removable; set on adjustable ball feet. The freezer box is at 29 degrees. There is a fish box and thawing tank. The Buffalo meat chopper is used.

Vegetable preparing room

In the vegetable preparing room the vegetable sinks are of stoneware on angle iron frame. The stone composition is of marble dust, white medusa cement and marble chips, ground and polished, and molded in the building on the frames.

The garbage cans are 24", all steel drawn, so no seams or corners; thoroly sanitary.

A "Boiled Down" Cook Book Idea: Basic Dish as Key-Note for Variations

In the realm of cookery the cook books are filled with dishes of different names, many of them very similar in their composition. Thus, one basic dish may carry the principal ingredients and the same work in its preparation, almost to completion, so that of forty or fifty other dishes in the same cook book, each of which may be individually explained at length.

The thought occurred to us that a chef familiar with these variations might write a recipe for one commonly known or basic dish and supplement this recipe with the variations, giving the names of the different dishes, but, instead of writing complete recipes for them, simply write the necessary changes to conform to the change of name. In other words, take one particular dish as a key-note, and play upon it, bringing forth a melody of culinary creations, running the gamut of the scale, and making it much easier for the cook getting instructions from a cook book, to keep in mind, or be accurately reminded of, just what changes are necessary for the different dishes by learning thoroly the basic dish and having ready means of information as to the different garnishments, etc. To this end, we asked Mr. Rivers, author of The Butcher, Garde Manger, and Carver, to produce a few recipes and their variations along this line. He has supplied the following to illustrate the idea:

CHICKEN SAUTE

The Fried or Sauted Chicken entree is one of almost innumerable variations. It is a great favorite and of much class, and a modern European bill of fare is hardly complete that does not list this dish in one of its many forms.

The basis of this entree is a spring chicken weighing about two pounds; a half chicken to the portion; generally quartered, seasoned with salt and pepper, dipped in milk and rolled in flour; fried in a sautoir or frying pan with drawn butter or other cooking fat; a fried or toasted crouton of bread generally being served with the different forms.

SPRING CHICKEN SAUTE, MASCOTTE

For a single portion, take the half of a chicken weighing about two pounds, cut in quarters and trim it of excess bones. Season well with salt and pepper. Dip the pieces in milk, then roll them in flour. Place them to cook in a pan containing drawn butter, giving them plenty of time to cook well done and a rich brown color. Make a "country" or "own" gravy of the fat in which the chicken has been cooked, by adding a little flour and letting it cook to a nice flavored brown, to which add hot milk, or stock. Let this boil and form enough. When it is ready to strain, place on a platter along with the bread croutons, on which place the fried chicken. Garnish with quartered artichokes rissolee, fresh mushrooms, truffles and potato Parisienne. Adorn the leg piece with a chop frill, also a parsley or cress bouquet. The following named dishes are variations from the basic dish, Spring Chicken Saute, Mascotte.

Spring Chicken Saute, Toulouse: Garnish with quenelles, mushrooms, truffles, kidneys, sauce supreme.

Spring Chicken Saute, Argenteuil: Garnish with asparagus tips, steamed scooped potatoes, au parsley sauce.

Spring Chicken Saute, Hongroise: Timbal of rice, diced onions and ham, paprika sauce.

Spring Chicken Saute, Victor Hugo: Fresh mushrooms, potatoes mignon, calf's brain fritter, cream sauce.

Spring Chicken Saute, Oriental: Timbal of rice, egg plant fritter, lozenges of green peppers, curry sauce.

Spring Chicken Saute, Virginian: Virginia ham, mushrooms, sweet potato rissole, own gravy.

Spring Chicken Saute, Regence: Shallots, julienne of egg plant, sliced tomato saute, gravy.

Spring Chicken Saute, Monte Carlo: Cucumbers velouté, stuffed tomato, potato chateau, shallot sauce.

Spring Chicken Saute, Louisane: Corn and

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peppers au gratin, potato mignon, cream celery sauce.

Spring Chicken Saute, Edward VII: Timbal of rice, broiled tomato, French peas, potato Anglaise, herb sauce.

Spring Chicken Saute, Rivoli: Mushrooms, diced ham, croustade of French peas, sauce supreme.

Spring Chicken Saute, Rothschild: Mushrooms, truffles, quenelles, potato chateau, sauce madere.

Spring Chicken Saute, Lucullus: Croustade of mushrooms, carrots, potato Duchess, sauce perigueux.

Spring Chicken Saute, Belle Helen: Asparagus, potatoes Brabant, croustade of mushrooms, sauce leie.

Spring Chicken Saute, Colonial: Virginia ham, potato chateau, corn fritter, own gravy.

Spring Chicken Saute, Doria: Stewed cucumbers, potato balls, paprika sauce.

Spring Chicken Saute, Royal: Quenelles, truffles, channeled mushrooms, sauce supreme.

Spring Chicken Saute, Sevillane: Olives, chipolata sausage, onion, tomato, pimento, garlic.

Spring Chicken Saute, Algerienne: Fried tomato, fried egg plant, potato croquette, sauce colbert.

Spring Chicken Saute, Venetienne: Mushrooms, potato Parisienne, calf's brain fritter, sauce Venetienne.

Spring Chicken Saute, Marengo: Egg fried in olive oil, potato chatean rissolee, mushrooms, tomato, olives, shallots, sauce madere.

Spring Chicken Saute, Elysee: Quenelles, truffles, cock's comb and kernels, potato, sauce supreme.

Spring Chicken Saute, Le Grand: Quenelles, potato spirals, truffle sauce.

Spring Chicken Saute, Viennoise: Noodles, potato with chives, paprika sauce.

Spring Chicken Saute, Washington: Green corn au gratin, Virginia ham, country gravy, potato.

Spring Chicken Saute, Parisienne: Mushrooms, asparagus tips, potato Parisienne, sauce supreme.

Spring Chicken Saute, Richelieu: Julienne of onions, celery, carrots and truffles, potato chateau.

Spring Chicken Saute, Victoria: Truffles, foie gras, asparagus tips, creamed mushroom sauce.

Spring Chicken Saute, Excelsior: Truffles, quenelles, potato mignon, fried tomato, own gravy.

Spring Chicken Saute, Dixie: Candied yam, Virginia ham, rice fritter, country gravy.

Spring Chicken Saute, Czarina: Truffles, mushrooms, asparagus tips, potato mignon, cream gravy.

Spring Chicken Saute, Knickerbocker: Egg plant, strip of bacon, potato croquette, country gravy.

Spring Chicken Saute, Maryland: For "a la Maryland," the chicken should be breaded in bread crumbs in place of rolling in flour; garnish with corn fritter, potato croquette, strip of salt pork, cream sauce, toast.

Spring Chicken Saute, Signora: Breaded, asparagus tips, mushrooms, pimentos, Julienne potatoes, cream sauce.

Spring Chicken Saute, Anglaise: Breaded, small balls of assorted vegetables, case of peas, sauce bechamel.

Spring Chicken Saute, Neapolitan: Breaded, timbal of spaghetti, potato croquette, sauce Italienne.

PORK TENDERLOIN

When of a choice grade, pork tenderloins form an excellent entree and can be prepared numerous different ways. They are commonly prepared by trimming and splitting lengthwise, leaving the two halves connected. Another manner of butchering them is cutting and forming them in the way a small beef tenderloin is prepared.

FRIED PORK TENDERLOIN, COUNTRY STYLE

Trim the tenderloin of superfluous fat and sinews; split it the full length, leaving the halves well joined. Spread and flatten well with the cleaver, and score the surface across the grain. Season with salt and pepper, roll in flour, place in a frying pan till cooked well done and brown. After removing the tenderloin, make a country gravy in the pan in which the tenderloin was cooked. Place the tenderloin on a hot platter, pour over it the country gravy, garnish with a corn fritter and a potato rissolee.

Pork Tenderloin, Imperial: Same as above. Garnish with sweet potatoes cooked in syrup, fruit sauce.

Pork Tenderloin, Bohemienne: Garnish with fried apple, sweet potato glace, country gravy.

Pork Tenderloin, Belmont: Braised stuffed cabbage, small case of apple sauce, sweet potato rissolee.

Pork Tenderloin, Bavaroise: Red cabbage hot slaw, boiled potato, own gravy.

Pork Tenderloin, Diplomate: White cabbage hot slaw, stuffed potato, country gravy.

Pork Tenderloin, Lamballe: Puree of lentils, mashed potatoes, gravy, parsley.

Pork Tenderloin, Polonaise: Bread crumb and milk porridge, corn fritter, potato with chives.

Pork Tenderloin, Allemande: Sauerkraut, potatoes Lyonnaise, sage gravy.

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Pork Tenderloin, Alsacienne: Braised savoy cabbage, mashed sweet potatoes, country gravy.

Pork Tenderloin, Saltana: Fried bananas, potato fondante, port wine sauce.

Pork Tenderloin, Saxone: Stuffed sweet potato, stewed prunes, own gravy.

Pork Tenderloin, Windsor: Mashed turnips, Anglaise potato, country gravy.

SHORT RIBS OF BEEF

Short Ribs of Beef when of a good grade form a very appetizing, cheap and popular dish and can be prepared in a variety of ways.

Cut the short rib into sections of one rib each. Tie each section with roast beef twine. Place the sections in a roast pan, the bottom of which has been covered with a full assortment of sliced vegetables and some mixed spices. Place in the oven till nicely browned and cooked. Then remove the short ribs, placing them in a sauce pan.

Proceed to make the brown gravy with the roast pan containing the mirepoix of vegetables and spices. When this is finished, strain the gravy over the short ribs and place them on the range to slowly simmer until very well done and tender.

The above forms your basic dish from which a variety of dishes can be made.

Short Ribs of Beef with Special Baked Potato: Place two sections of the prepared short ribs on a platter and garnish.

Short Ribs of Beef with a special baked potato.

Short Ribs of Beef with potatoes O'Brien.

Short Ribs of Beef with potatoes au gratin.

Short Ribs of Beef with corn fritters.

Short Ribs of Beef with Lyonnaise potatoes.

Short Ribs of Beef with glazed vegetables.

Short Ribs of Beef, old-fashioned, with browned potato.

Short Ribs of Beef with Creole sauce, potato rissolee.

Short Ribs of Beef in casserole with fancy vegetables.

Short Ribs of Beef with Creole sauce, potato fondante.

Short Ribs of Beef, rostbraten, with potato pancakes.

Short Ribs of Beef, pot roast, with noodles au gratin.

Short Ribs of Beef, Spanish Style, with stuffed green pepper.

Short Ribs of Beef with bouillon potatoes and vegetables, family style.

Short Ribs of Beef, boiled with horseradish sauce, Bermuda potato.

SWEETBREADS

Sweetbreads, with a primary preparation that varies but little, forms the basis of a long list of different named dishes. To prepare sweetbreads: first thoroly wash and soak them in cold water; then place them on the range to "blanch" or "parboil," adding to the water, in which they are to be parboiled, some mixed spices and vegetables. When thus prepared they are ready for any special sweetbread dish the chef may choose.

SWEETBREADS, BRAISE, WITH FRESH MUSHROOMS

Select a portion of the prepared sweetbreads. Where the establishment is classy and the prices warrant, have them larded by the garde-manger; then passed to the second cook, who places them in a sautoir with a mirepoix for braising. A sauce may be made from the sautoir in which the sweetbreads have been cooked, or a ready prepared sauce may be used, as suits the case. When braised, place them on a platter with bread croutons under; pour over them the sauce, and garnish with the fresh mushrooms and sprigs of parsley.

Sweetbreads, Comtesse: Same as above, garnish with haricots verts, French peas, carrots.

Sweetbreads, Tallyrand: Braised chicory, truffle sauce, potatoes chateau.

Sweetbreads, Parisienne: Mushrooms, Parisienne potatoes, potato croquette, sauce madere.

Sweetbreads, Rothschild: Stuffed fresh mushrooms, julienne potatoes, sauce bearnaise.

Sweetbreads, Marie Louise: Puree of celery, puree of mushrooms, demi-glace.

Sweetbreads, Regence: Sifted peas, mushrooms, quenelles, potato mignon, sauce supreme.

Sweetbreads, Toulousaine: Button mushrooms, cock's combs and kernels, truffles, quenelles, sauce.

Sweetbreads, Villeroi: Mushrooms, truffles, noisette potatoes, sauce villeroi.

Sweetbreads, Florian: Braised lettuce, olive shaped potatoes, demi-glace.

Sweetbreads, Gastronome: Cepes, fleurons, truffles, potato chatean, sauce madere.

Sweetbreads, Lavaliere: Artichoke bottoms filled with asparagus points, potato, sauce bordelaise.

Sweetbreads, Milanaise: Garnish with macaroni Milanaise, round potato croquette, sauce Colbert.

Sweetbreads, St. Cloud: Truffles, potato Parisienne, tomato sauce.

Sweetbreads, Financiere: Quenelles, chicken livers, mushrooms, truffles, demi-glace sauce.

Sweetbreads, Macedoine: Croustade of fancy mixed vegetables, chateau potatoes, sauce madere.

Sweetbreads, Theodora: Truffles, mushrooms, stuffed olives, pistachio nuts, wine sauce.

Sweetbreads, Chanceliere: Quenelles, macedoine, potato croquette, sauce supreme.

Sweetbreads, Marsilly: Green peas, artichokes, potato mignon, marsala wine sauce.

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Sweetbreads, Columbus: Pate de fois gras, mushrooms, potato croquette, sauce Colbert.

Sweetbreads, Eugene: Mushrooms, asparagus tips, sauce supreme. Serve under glass.

Sweetbreads, Mac Mahon: Mushrooms, small onions, potato chateau. Serve in casserole.

Sweetbreads, Montebello: Jardiniere of vegetables, potato duchess, sauce Montebello.

Sweetbreads, Calve: Truffles, sauce financiere, potatoes noisette. Serve in cocotte.

LAMB CHOPS

Lamb chops are a popular dish with the diner and a favorite with the chef. They are adapted to a great variety of garnishes. Of the great number of lamb chop dishes fundamentally they are much alike and the variation is mostly limited to the different ways in which they are garnished.

The most common basis of an entree of lamb chops consists of two French chops; that is, the rib chops, and most frequently they are simply seasoned, dusted with flour and sauted or fried in a little butter or other fats. The breaded chop entree comes next in favor, followed by the stuffed and grilled chop dishes. We will begin with the common dish of "Lamb chops, Parisienne" as a basis and follow it with a number of its variations.

Lamb Chops, Parisienne: Two French lamb chops well seasoned with salt and pepper and floured. Saute or fry in butter or other fat. When the chops are done place on a hot platter and garnish as follows: Parisienne potatoes, asparagus tips, sauce bearnaise. A crouton of toast and a chop frill for each chop, to which a parsley bouquet may be added with good effect.

Lamb Chops, Marchioness: Same as above. Garnish: Small bouquet of cauliflower covered with a hollandaise or cream sauce, French string beans, sauce paloise (supreme sauce with mint), toast and frills.

Lamb Chops, Archduke: Same. Garnish: Potato Duchesse, case of macedoine, caper sauce, toast and frills.

Lamb Chops, Regence: Artichoke bottom filled with diced carrots in its jus lcie; case or croustade of French peas, sauce bechamel, toast and frills.

Lamb Chops, Britannia: Fancy cut turnips and carrots in separate piles, stringless beans, potato English style, caper sauce, toast crouton and frills.

Lamb Chops, Princesse: Asparagus points, potato Dauphine, sauce supreme, toast, parsley, frills.

Lamb Chops, Sicilienne: Timbal of spaghetti, potato croquette, sauce demi-glace, toast, frills.

Lamb Chops, Henry IV: Bottom of artichoke filled with noisette potatoes, sauce bearnaise, bread croutons and frills.

Lamb Chops, Metropole: Potato croquette, stuffed mushroom, cauliflower, sauce reforme, toast and frills.

Lamb Chops, Mascotte: Potatoes chateau, flageolets, sauce Hussarde, toast and frills.

Lamb Chops, Piccadilly: Kidney, bacon, potato fondante or rissole, drawn butter, croutons.

Lamb Chops, Pompadour: Flageolet beans, scooped carrots, turnips, sauce pompadour, frills and toast.

Lamb Chops, Nubian: Truffle sauce, fresh mushrooms, rice croquette, croutons, frills.

Lamb Chops, a la Minute: (in the sense of time, sixty seconds) Sauce madere, case of peas, julienne potatoes, toast and frills.

Lamb Chops, Admiral: Bacon rasher, special French fry, sauce Orly, toast and frills.

Lamb Chops, Cheron: Bottom artichoke filled with macedoine, sauce magenta (red bearnaise), potatoes mignon.

Lamb Chops, Arlesienne: Egg plant, fried tomato, potato Parisienne, sauce madere, toast, frills.

Lamb Chops, Dubarry: Cauliflower au hollandaise, potato with chopped chives, tomato sauce, croutons, frills.

Lamb Chops, Maison d'Or: These should be breaded in beaten eggs and bread crumbs, fried. Garnish each chop with a slice of pate de fois gras. Potato croquette, bread crouton, sauce madere, frills.

Lamb Chops, Villeroi: Breaded and fried, sauce soubise, croustade of peas, lattice potatoes.

Lamb Chops, Milanaise: Breaded, fried, tomato sauce, garnish with macaroni a la Milanaise.

Lamb Chops, Brisse: Breaded, fried, sauce bechamel, mashed turnips, caper sauce, potato with parsley, frills, croutons.

Lamb Chops, Nelson: These are stuffed. The chops are sauted in fat, cooked on one side only and stuffed on the cooked side. For chops a la Nelson: stuff with Soubise, after which finish cooking in the oven. Garnish with a case of peas, potatoes noisette, croutons and frills.

Lamb Chops, Murillo: Stuffed with a filling of finely chopped mushrooms and cooked au gratin with parmesan cheese. Dish up with croutons, demi-glace sauce, frills and parsley.

Lamb Chops, Maintenon: Sauted and stuffed on both sides with a soubise, to which fine herbs have been added; bread in bread crumbs and grated parmesan cheese; garnish with fried tomato, Parisienne potatoes, sauce Colbert, frills.

Lamb Chops, Marechale: Sauted and stuffed on both sides with a fine herb filling. Bread them, then butter and finish in oven; truffle sauce, rice croustades, frills.

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Lamb Chops, Bruxelloise: Breaded and fried; sauce Colbert; garnish with brussels sprouts, round potato croquettes, bread croutons and frills.

Lamb Chops, Tavern Style: Plain broil the chops; garnish with kidney, small French fried potatoes, hot butter sauce, toast and frills.

Lamb Chops, Delmonico: Stuff with chicken farce, quenelles, truffle sauce, potato Verdi, croutons, frills.

TENDERLOIN ENTREES

The small tenderloin, or "filet mignon" as it is so often named, is a top-liner staple, and the different ways in which it is served are legion. The foundation of the dish is a small tenderloin ranging in weight from about four to eight onnces. In the great majority of cases the tenderloin is sauted or fried; but it can be, and often is, broiled. "Tournadoes," so often seen on the bill of fare, is the same thing, it being the French equivalent to "mignon." So, also, is "Noisettes," the only difference being that noisettes are cut much lighter. "Mignon" translated into English is 'small," probably from the same root as our own "minute" in the sense of quantity.

In cutting the tenderloin, its size should be regulated by circumstances. In this, financial considerations, of course, rule. A six-ounce steak, listed to sell at, say, seventy-five cents, is probably the prevailing combination; but you must adjust yourself to values of the tenderloin and the garnish to be used.

TENDERLOIN MIGNON, BAYARD

Cut a small tenderloin of about six ounces in weight; beat to an even round form by wrapping in a towel and beating with a cleaver. Season with salt and pepper. Place it in a smoking hot pan to saute. Have a round crouton of bread, cut to fit the tenderloin, toasted or fried. Place this crouton on the platter and upon it place the tenderloin when cooked. Garnish with a julienne of truffles and tongue au demi-glace. Place a slice of pate de foie gras on top of the filet and a stuffed mushroom at both ends.

Tenderloin, Duchess: Small tenderloin as above. Place on crouton, garnish with potato duchess, asparagus tips, sauce demi-glace, parsley bouquet.

Tenderloin, Montmorency: Same. Garnish with artichoke, green peas, potato chateau, sauce madere.

Tenderloin, Richelieu: Stuffed tomato, stuffed fresh mushroom, potato croquette, madere.

Tenderloin, Stanley: French fried onions, fried banana, marble potatoes, horseradish sauce, and espagnole or brown sauce.

Tenderloin, Louisanne: Pimento farci, mushrooms, sweet potato rissole, sauce Colbert.

Tenderloin, Masseua: Artichoke filled with poached marrow; potato point neuf, sauce bordelaise.

Tenderloin, Fedora: Slice of ham cut round to fit the toast; place filet on top; sauce bordelaise with marrow, potato croquette.

Tenderloin, Reforme: Jardiniere, braised lettuce, potato noisette, truffle sauce.

Tenderloin, Princesse: Tomato princesse, artichoke, potato Parisienne, sauce bearnaise.

Tenderloin, Modern: Stuffed tomato, asparagus tips, cauliflower, potato, sauce Espagnole.

Tenderloin, Berry: Cepes, sausage, potato Brabant, marrow, demi-glace.

Tenderloin, Judic: Braised lettuce, quenelles, potatoes mignon, brown sauce.

Tenderloin, Epicurienne: Mushrooms, truffles, pate de foie gras, potato, sauce.

Tenderloin, Monaco: Slice of ham, calf's brains, potatoes Anna, Julienne of truffles and mushrooms, sauce madere.

Tenderloin, Empire: Stuffed artichoke, potato Suzette, flageolets, mushroom sauce.

Tenderloin, Delmonico: Stuff filet with chicken farce; quenelles, potato Verdi, sauce perigueux.

Tenderloin, Dauphine: Potato Dauphine and assorted new vegetables, sauce demi-glace.

Tenderloin, Patricia: Stuffed egg, season salad in case, red bearnaise sauce.

Tenderloin, Mazarin: Artichoke, haricots verts, potato mignon, sauce magenta.

Tenderloin, Seminole: Stuffed green pepper, asparagus points, potato rissolee, sauce madere.

Tenderloin, Cafe Riche: Stuffed tomato, Parisienne potato, truffle sauce.

Tenderloin, Melba: Stuffed tomato, braised lettuce, potato croquette, sauce perigueux.

Tenderloin, Lucullus: Truffles, sweetbreads, cock's combs and kernels, potato Duchess, demi-glace.

Tenderloin, Andalouse: Egg plant, tomato, onion, potato, sauce madere.

Tenderloin, Godard: Mushrooms, quenelles, truffles, sweetbreads, olives, sauce madere.

Tenderloin, Cheron: Artichoke, macedoine, potato croquette, sauce madere.

Tenderloin, Victorine: Chicken quenelle, stuffed mushroom, tomato sauce, potato, demi-glace.

Tenderloin, Valencay: Timbal of noodles, potato croquette, chateaubriand sauce.

Tenderloin, Menagere: Carrots, turnips, braised stuffed cabbage, potato, horseradish sauce.

Tenderloin, Provencale: Broiled tomatoes, potatoes chateau, sauce chasseur.

Tenderloin, Montebello: Artichokes, truffles, potatoes Parisienne, sauce bearnaise.

Tenderloin, Peruvienne: Stuffed red pepper, potato croquette, sauce perigueux.

Tenderloin, Pompadour: Quartered artichokes, slices of truffle, Parisienne potato rissole, sauce bearnaise tomatee.

Tenderloin, Chasseur: Fresh mushrooms, potato chateau, rissolee, sauce chasseur.

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TEA BREWED IN PITCHERS

The tea-pot* is a habit.

To brew tea it is not necessary to use the conventional tea-pot.

There are simpler, and, in many respects, more sanitary ways of making tea than by the use of the tea-pot.

For instance, make it in a china pitcher.

Let the infusion be by means of a tea-container, or loosely filled tea-ball, or almost any convenient way of steeping.

Let the tea-leaves be in the water not to exceed four minutes.

The pitcher should have a lid, and the tea-container a cord, or chain, or some lifting device for agitating occasionally in the water during the time of the brew.

Brew reasonably strong for a mixed company, and serve a pitcher of hot water to accompany, so that the tea may be diluted to suit individual tastes.

An egg-cup may be conveniently served on the tea-set tray for the purpose of holding the tea-container before and after the brew.

Tea made this way is good to keep for use afterward as cold tea.

One great advantage of serving hot tea this way is that the vessel it is made in can be more easily kept clean. There are no tea-pot spouts to clean out, no dark places to hide unsanitary conditions.

But few people drink milk or cream with tea; it is better without. Some prefer a slice of lemon; some like a little sugar; but it is best to take tea without milk, or sugar, or lemon.

Lemon kills the bouquet of tea.

Reasons why this method of brewing and serving tea is advocated, are:

It is more economical and more sanitary. Tea can be steeped in just boiling water for four minutes without liberating the poisonous tannin in the leaves. Infusion not to exceed the four-minute period assures the delightful fragrance of the tea, and the most wholesome of all beverages.

Tea when properly made, in particular black tea brewed to a medium strength, or weak, is stimulating, harmless, and, in a sense, promotes digestion.

The economy of tea as a beverage is exemplified in the fact that one hundred cups can be made from a pound of tea.

In making tea there should be just as much pains taken for measuring the portion as with coffee or other beverages. A quarter of an ounce should make, approximately, a pint of tea. An ounce should make half a gallon of reasonable strength.

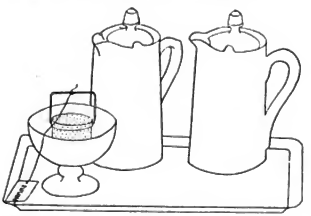
There is no reason, other than custom, for brewing tea in the conventional tea-pot.

There is good reason for discarding the tea-pot, in that lovers of tea—those who want the second cup to be as good as the first—can have it to their liking when brewed in a pitcher, as above described, and free of the tannin poison that results and spoils from the over-long infusion.

The cozy that some people use to cover the tea-pot to keep the brewing tea hot for a long time (and thereby extracting the tannin poison out of the tea leaves before the last pouring) can cover the pitchers' service to good advantage.

* * *

Before printing the above article, we called on Fred Muller, steward of The Blackstone, to get from him figures as to weight for portion, quart and gallon brews, and to ask his opinion regarding the tea-pitcher idea, this latter for the reason that The Blackstone Grill tea service has always been of the pitcher type; two pitchers used in the service; one carrying a porcelain percolator; the other for hot water, and both similar to the illustration herewith.



When Mr. Muller was told of the idea for the new brew, he reached for some papers pigeonholed in his desk, and showed this idea already expressed in a new method of brewing coffee and tea with special devices, for which he has applied for letters patent.

Mr. Muller explained the regulation method of coffee making, in particular as in The Blackstone, and how his new device will brew coffee to perfection, and more economically than the customary methods of The Blackstone and other houses.

With his method there will be a uniform consistency of brew, and uniform bouquet, both for coffee and tea. These beverages, he said, are most sensitive to change in the brew, especially when the coffee grains or tea leaves may be moved even temporarily from the hot water and reimmersed—a chemical change takes place that deteriorates the beverages.

His tea-container is superior to the conventional tea-ball, and we believe will serve the purpose admirably for tea-container for the pitcher brew.

In the matter of portions, Mr. Muller said that one pound of tea makes from 75 to 85 single portions, according to the kind of tea

**The word tea-pot in this article refers to the conventional swell bodied type with spout.*

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used, some requiring a trifle larger portion than others. So, basing Mr. Muller's figures on our estimate, we find they are not far apart. There is no hard and fast rule that can be depended upon. It is a matter of individual judgment in the brew.

THE INTERMEZZO DINNER

Fenton M. Johnson, manager Hotel Wisconsin, Milwaukee: "The fortunes of the Wisconsin have taken the good turn that I hoped for when I took the management. The hotel is now prospering, both rooms and restaurant doing good business. My policy has been to deliver satisfactory service at reasonable prices; in other words, to give value received and full measure. The rooms average ninety per cent full."

[To a question regarding his jumping the traces in the matter of catering—referring in particular to the seventy-five cent Intermezzo dinner served from six to eight p. m.]

"The seventy-five cent Intermezzo dinner has become very popular. Here is a typical menu.

Celery Olives
Fresh crabmeat cocktail
Roast Watertown duck
Baked apple
June peas
Whipped potatoes
Waldorf salad
Banana mousse
Assorted cakes
Coffee

You observe it is free of soup, fish, and some other items generally to be found on the table d'hote menu. It is my belief that the many courses are not necessary nor desired. I put myself in the position of the restaurant patron. The a la carte bill, with its great variety, embarrasses the man who is ordering from it. If he would order generously, the check amounts to a big sum. If he orders such as the average banquet or table d'hote calls for, it amounts to a big sum. If he orders only one dish with something to drink he has practically no variety in the way of vegetables or dessert, and then each additional item adds considerably to the amount of the check.

"The average diner has the average appetite, and he wants to eat a meal to fit that appetite. But very few want the soup or fish that customarily come with the average table d'hote dinner before the meat dish. Practically all want the substantial meat dish. It is for this reason that the Intermezzo dinner is provided—to give the greatest amount of satisfaction to the largest number of people at a price that most can afford to pay, consistent with receiving generous portions and good service.

"It is my belief that a menu, as typified in this Intermezzo dinner, gives general satisfaction. In fact, it has so demonstrated in our hotel. The menu is changed every day, of course. In this one, with the 'fresh crabmeat cocktail' for a starter the dish is served in glass, and of the same generous portion and quality as customary for an à la carte order. It is the same with the 'roast Watertown duck' and the vegetables. They come on to please the eye as well as the palate. It is the same with the dessert. The ice cream, for instance, is in fancy forms and as dainty as it can be served.

I do not see why this type of catering is not more generally adopted. True it is a hard matter to overcome established customs in the catering line. The cooks and waiters impress their fixed ideas upon the kind of service, and it is difficult for even the management to compel new methods.

"Another thing is the idea of French on the menu cards. This is gradually disappearing, but it has held on tenaciously. It is my belief that the average patron wants the dish printed on the menu with its understandable English name, and no matter what the French advocates may say as to the impossibility of doing this, I find it is practicable to do so and to abolish the French.

"I read in THE HOTEL MONTHLY some months ago, in one of Mr. Rivers' articles, about a dish that he listed on the bill of fare with its French name; that so presented it had a very poor sale; and of his serving this same dish the next day under its English name, and there was quite a demand for it. I believe this to be so. People order what they know they will relish, and they cannot do this when they order a dish the composition of which they are ignorant of.

"You ask me about cost accounting. Yes, I have expressed myself forcefully on this subject. I believe the agitation so vigorously pushed for it at the different hotel conventions is misleading. They seem to have the cart before the horse. There can be no uniform system of cost accounting in the hotel business until the cook books are standardized, and a great many other things, impossible of happening, are standardized. Before there can be any cost accounting worth while, there must first be determined the proportion of cost allotted to the different departments, and this is not alike in any two hotels. Cost accounting that deals only with the difference between the cost of raw material and the price received for the manufactured article, without due consideration of all the intermediary costs, is of very little use to the management. The great item of information desired is the cost of operation, plus cost of raw materials, and the net profit after all expenses have been accounted for."

It is the refrigerated ventilation of public rooms that makes so many modern hotels the oasis of the cities in which they are located; the rooms being the cool spot in town.

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The High Cost of Service

The profits of a hotel dining room are not determined so much from the difference between cost of raw material and the receipts at the cashier's desk, as they are from the cost of service between the time of purchase of the raw material and its sale to the patron.

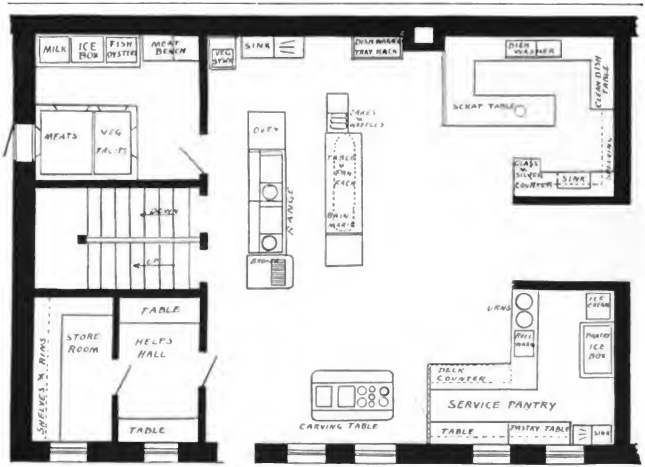
The cost of service is most often spoken of as "the overhead," the expense to which the hotel is put in the storing, preparing and serving of foods. The cost accounting man will say that the raw coffee for a single portion will cost approximately a penny, and that a portion pot of coffee sells for fifteen cents. That penny cost is insignificant compared with the other costs in the overhead, which may be, and often are, so great as to make the serving of a pot of coffee at 15 cents a losing transaction for the hotelkeeper.

The overhead cost is appreciated in a few of the items, as fuel and wages; but is spread over a multitude of items, most of them infinitesimal, but, in the aggregate, much greater than commonly supposed. Here are a few of the items that enter into the cost of most every meal: rent, light, heat, refrigeration, laundry, condiments, sauces, garnishings, spoilage, breakage, depreciation, supervision, furniture, table wares, napery, betterments, dishwashing, floor scrubbing, accounting, decorations, printing, advertising, fuel, wages, uniforms, etc., etc., these in many cases supplemented with music, flowers and other accessories.

The more elaborate the service, the greater the overhead.

A chef who is at the top of his profession, commenting on many of the messy preparations designated with an "a la," and that really spoil good food which the a la's are supposed to garnish or give zest to, said: "The demand for these outlandish dishes comes from crazy people who want something new. Some of the dishes that are called for after the theatre by alleged epicures consist of fool combinations that we chefs would consider it ridiculous to serve, if not called for." The best foods, he said, are those so prepared as to give the natural flavor, and need no disguise or aid of incongruous concoctions to please the palate.

The economic value of a cost accounting system is often spoiled by excessive effort to make a favorable showing thru percentage figures.



KITCHEN OF THE LAMER, SALINA, KAS.

The kitchen is a show room of the hotel. It has cement floor, washable walls and is furnished entire with Zahner ranges, broilers and utensils. It also has the customary mechanical devices, as dishwashing machine, cubers, etc. The cold storage features are admirable.

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MILK, CREAM, BUTTER, CHEESE, OLEOMARGARINE, BUTTERINE, ICE CREAM

At the March (1914) meeting of the Chicago Stewards' association, H. McCormack, professor of chemical engineering at Armour Institute of Technology, gave a talk on milk, cream, butter, cheese, oleomargarine, butterine, and ice cream, and told of some of the wonderful changes in dairying industries since the invention of the Babcock milk tester by Professor Babcock of the University of Wisconsin; and stated that while this invention has benefited the dairy industry millions of dollars, Professor Babcock had received no pecuniary benefit, but is still a salaried professor at the University of Wisconsin.

* * *

Before the invention of the Babcock tester, milk was sold by weight, without regard to the percentage of butter fat. Now all milk bought by the creameries is on the butter fat test, which varies, according to the milk, all the way from 2½ to 9 per cent. This encourages the dairyman to have his herd of cows of the kind that give milk richest in butter fat.

Milk is composed of three main parts, butter fat, casein, and moisture. Most of the milk that comes to market has already been thru a separator, reduced to skim milk, and cream, then these constituents remixed to a constant butter fat content, as three and a half per cent, or the particular proportion determined by the different city ordinances. This, where the milk runs over three and a half per cent (if that is the standard), leaves extra cream for the creameries to make butter from, and gives them a butter output.

The separation feature has good effect, taking the dirt out of the milk; so the milk that comes to market with a definite fixed percentage of butter fat is more likely to be pure milk than milk which has not been through a separator. Most of the creameries pasteurize milk, especially for the long shipments of sweet milk, and milk sold in bottles.

* * *

Condensed milk is milk from which much of the moisture has been evaporated, and is in two forms, sweetened and unsweetened. In preparing this great care is taken in the heating process, so the milk will not have a cooked taste.

* * *

Milk powder is obtained by spraying milk into a heated chamber, drawing off the moisture, and arresting the powdered milk by means of baffle boards. Milk used for the production of milk powder must be as clean milk as milk used for any other purpose. Some manufacturers have overlooked this and have therefore had an unsatisfactory product. It should be particularly free from putrefactive bacteria, as the heat during drying is not sufficient to sterilize. Therefore when the milk powder is dissolved in water the bacteria grow and injure the product.

* * *

Professor McCormack devoted considerable time to his talk on Cheese, explaining the fermentive processes and how these processes are the result of certain kinds of bacteria. He told of the effect of the presence of different bacteria on finished cheeses, and how one kind is innoculated with another to obtain certain desired results; and that the flavor of cheese is due primarily to bacterial action during the ripening of the cheese.

The U. S. department of agriculture has maintained an experiment station at the University of Wisconsin for the past eight years, which has conducted many experiments on the processes, bacterial and other, which are involved in the ripening of a cheese. Many of their results have been of great value to the industry.

* * *

Butter consists of moisture, salt, fat and casein. Butter that has become rancid may be processed, and its sweetness restored. Professor McCormack told of an incident in a city store where he saw a sign "Renovated Butter," indicating that it was superior butter, to those not familiar with the fact that it was inferior or rancid butter made over.

* * *

He told of the methods of the manufacture of oleomargarine and butterine by the addition of fats other than butter fat, and said that these products, as generally made, are quite superior to eighty per cent of the butter that is marketed. He endorsed the care taken in the manufacture of oleomargarine and butterine that makes these products first class. It is the farmer vote largely that handicaps the greater use of these products by special tax and compulsory exhibition of announcement cards in places where they are sold and in public dining rooms where they are served.

In the chemist's test to determine between butter and butterine and oleomargarine, he has to rely largely on the absence of volatile fatty acid from products other than butter; but some smart people even add these to confuse the chemist.

The quickest, and possibly the best way to test is by observing the crystalline structure under polarized light.

* * *

Much of the ice cream that is marketed will not melt. The public wants that kind. It must stand up. Ice cream made only from cream, flavoring material and sugar melts too soon. Even that made with cornstarch and gelatine is tabooed by the public, so Mr. Manufacturer uses the cheaper gums, as gum arabic and tragacanth, the latter

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so dense that two per cent of it mixed with water will make a jelly-like mass; and it is somewhat difficult for the chemist to detect if the gum ingredient is gelatine, gum arabic or tragacanth.

Considerable ice cream is made with skim milk with added butter fat, or other fat as from cottonseed oil, these fats mixed with the skim milk to an emulsion and then frozen. In the flavoring they use almost altogether the synthetic flavoring materials instead of the actual fruit flavors.

Why Lettuce Loses Crispness and Beans Won't Pop

A subscriber writes from Philadelphia:

"Can you give me a good reason why lettuce, radishes and celery lose their crispness in the refrigerator? I have failed to find any satisfactory answer. Also what are the proper green vegetables to keep in the refrigerator—uncooked of course, I mean?

"Can you tell me how to pop navy beans? I heard they could be popped as pop corn."

* * *

The letter was submitted to a practical hotel steward, and this is his reply:

"I have made inquiries as to the navy beans. So far found no one who has ever heard that they could be popped; and I do not believe that it is possible, as the construction of a bean is different from corn. Corn must be thoroughly dry and placed over quick heat to make it pop. In that condition the navy bean would burn up; and if you moisten the bean and take the skin off there is nothing to hold it together in case it would pop. The idea must have originated from the thought of puffed rice and puffed wheat, not popped, but inflated; but even in that case I could not give you any satisfactory information.

"As to keeping fresh vegetables, will say that the lettuce or any vegetable will lose its crispness when taken out of a very cold refrigerator in the warm air. I have found that fresh vegetables, such as lettuce, celery, and anything in that line that may be served, will keep best in a temperature of not less than 55 degrees, and when taken out of the refrigerator into the warm air, it is good to place a wet cloth and some small cracked ice upon the vegetables and keep it there until they are set upon the table. There are really no sorts of vegetables that would keep their freshness long, and they are seldom of the same quality when taken out of the refrigerator; usually very cold and dry, for the reason just explained."

Many a case of ptomaine poisoning comes from eating canned foods that have laid for hours in the can after it has been opened. As a precautionary measure canned foods should be removed from the can so soon as opened.

Is It Cole Slaw, Cold Slaw or Kohl Slaw?

EDITOR THE HOTEL MONTHLY:

I was interested in your little discussion in the August (1905) HOTEL MONTHLY on Cole Slaw and Cold Slaw. While I have never discussed the name of the dish with chefs or stewards, whenever and wherever I have seen the term used I have believed it wrong. To my mind there is nothing about the dish to warrant either of these terms, as a cold salad of cabbage has no more warrant for being described as "cold" than any other cold salad. The fact that all the authorities you quote used either cole or cold, shows simply how a wrong word once in use clings like a burdock to a boy's trousers, and that few authors inquire into the etymology of the terms they use. In this case there is ample apology for the English and French authors not questioning the term, for the origin of many culinary terms is so lost as to be irrevocable, and we take the often absurd names as we find them—at their face value, without doubt or inquiry; but I am surprised that some German author has not stumbled onto the idea as to where this "cole" or "cold" came from.

Now, Mr. Editor, if you will look into the K's in your *Standard Dictionary*, you will find:

KOHLRABI—a variety of cabbage *(Brassica oleracea*, var. *caulo-rapa)*, with an edible turnip-shaped stem; turnip-cabbage.

This is not all the definition, but enough for our purpose. The term is pronounced in German ordinarily, about as if spelled colerawbee.

Now as to the "slaw" part of the term. You know Mark Twain, writing in his "Tramps Abroad" of the intricacies, inconsistencies and curiosities of the German language, dwells particularly on the dozen different meanings of *zug* and *schlag*, armed with which two words he says any tyro can carry on conversation in German. Whenever he gets stuck, all he needs to do is to heave in a *schlag* or *zug*, and if that doesn't lift him out, he should emphatically say *allso*, which universal pivot in the German takes the place of our "well," and Mark gives that as a sovereign remedy for any German language trouble.

Now "slaw" has its root in "schlag," which the Dutch or Hollander makes *slaa*. One of the meanings of schlag is "to hit" or hammer, to cut with a heavy knife. Thus kohl-schlag would be the natural term for cabbage cut in this manner, a literal translation of which would be "cabbage-cut."

Our culinary language is full of corrupted words caused by the ignorance not only of French, German and English cooks and stewards of the spelling and pronunciation of their native language, but total ignorance of the other languages with which they come in contact through their fellow-

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workmen. Now, for instance, we will imagine a German chef and an American steward making up a bill of fare. They get down to where the cold things or salads come in. "Poot down kohlschlag," says Otto. "Cold slaw!" answers Brown, the steward. "What is it and how do you spell it?" "Dot is dis kebbige," answers Otto. Brown knows it won't do to call it cut or sliced cabbage or cabbage salad in cold type, so he spells: "C-o-l-e s-l-a-w—is that all right?" Otto, ignorant of English spelling and judging by the sound, says: "Oh, I goss so; yes." Brown has learned the name of a new dish, not knowing whether it is French, German or Bohemian, and Otto rests calmly in the belief that kohl-schlag has been transplanted and translated to the American menu, and—presto—a new culinary term is born. Literature in every industrial field is full of such curious translations.

Now the celebrated authorities on "cold slaw" and "cole slaw" from Johnson and Webster down to Janet McKenzie Hill and Fellows can turn up their noses at the cabbage smell of the above, but if they can knock out kohl-schlag as effectually as I have their term, I'll eat a peck of kohl-schlag and have a night-mare and dream again!

HENRY J. BOHN.

[In the letter accompanying the manuscript Mr. Bohn adds: "I might add that as Germans are great cabbage consumers prepared *hot*, the distinction '*kalt* (cold) *schlag*' may have arisen—a *cold cut*-schlag—distinguished from warm or hot cabbage dishes."—ED.]

Clean Out the Teapot Spouts

An inspector for one of the big dining-car systems said: "Our silver always looks clean. It is so for the reason that we use sal soda in the water for washing the silver, and we finish it with a little dry polish applied with a wool cloth. . . . It requires constant watchfulness to have the tea and coffee pots properly cleaned. It is a matter so often neglected unless the washing is insisted upon after each service. I find the spouts are most often neglected. If you run a wire with a piece of cloth down the spouts of tea and coffee pots, even in some first-class hotels, it is apt to bring out a slimy sediment that has no business to be there. It is impossible to brew a good cup of tea or coffee unless the pots are clean and sweet on the inside.

Butter Service

From description of Hotel Adelphia, Philadelphia: The butter service is a novelty. The butter is received in half-pound blocks, scored into pats, and these pats are cut with hot knife along scoring lines when needed for service. Each pat has the letter A stamped on it.

Special Bread-Cutting Board

Near the dining room door (Hotel Bentley, Alexandria, La.) is a bread-cutting department which is different from anything we have heretofore seen. It is in form of a bench on which is the bread board. The bread is sliced and trimmed, and the board then pulled out (slide) and the trimmings scraped off into a receptacle which stands underneath, and which is protected from the outside by a wire screen. Over the cutting bench is a shelf for storing the different kinds of bread for the cutter's immediate use.

Warming Oven-Hot Plate for Banquets

A clever device of Chef Nothelfer (Hotel Sinton, Cincinnati) is a combination warming oven and hot plate for banquet service. The oven is built of galvanized iron and stands a little higher than the average table. It measures about three feet wide by eight feet long. Directly under its top is a steam coil for the hot plate table top, and for the warming oven. For use in this warmer the chef has about thirty pans built of four X tin, measuring about eighteen inches wide by twenty-six inches long by six inches deep. Each of these tins has a flange around the outside about one inch from the bottom, and they are so built that one tin sets into another, the flange forming the support. This gives a depth of five inches for the hot foods in each of the pans. The top pan of all is covered. When the food is dished from the main kitchen into these pans, they are piled one on the other and placed on a rubber-tired food-truck, wheeled to the elevator, and lifted to the serving pantry next to the banquet room, whence they are put into the warming oven. This oven is provided with sliding doors and is without shelves, so that the pans can be quickly put in and taken out. For the soup and other service there are long tables in the pantry where the dishes of the different courses are set for the waiters to pick them up quickly. The soup is dished into the plates on these tables.

A cheerful disposition is a valuable asset.

Don't hitch the small portion to the big price.

Folderol in cooking is like the inside of a drum—nothing to it.

Be sparing of spices. A very little in the condiment line goes a long ways with the rational eater.

Advice to the young steward: Master the economies before studying the extravagances in catering.

The entire vegetable kingdom is calling upon the cooks to give it a better show in the competition with meats for human food.

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MECHANICAL REFRIGERATION IN SMALL PLANTS

Extracts from a paper read by Mr. Guy Bates, of the Dairy and Confectionery Refrigeration Co., before the Retail Confectioners' Protective Association of New York.

* * * Until the latter part of the last century, very little was known of any freezing agency, other than ice. In Germany, Gotefried Behrend was experimenting with cold air plants for breweries, about 1867, but the results of his investigations did not come into practice till the end of the century. At this time we began to realize the enormous waste and cost of ice in freezing and to seek some means of lessening it. Accordingly, we made a study of the properties of ice and its relation to the body to be cooled, in order to replace it with some less expensive medium.

Now, the process of cooling is the transfer of heat from one body to another. When a warm plate is set on a piece of ice, the heat of the plate is absorbed by the ice. The ice melts and the plate grows cold. If we place a thermometer on the cake of ice, it may register 32 degrees F.; or on the hot plate, and it may show a temperature of 150 F. Both of the temperatures show a sensible heat, or the heat you can feel. But the heat which passes from the plate to the ice, causing it to melt, is the heat you cannot feel. This is called latent heat. A thermometer laid on a cake of ice will register 32 degrees, and the thermometer placed in the water of melted ice will also register 32 degrees F. Yet we know by experiment that we have given to the ice 142 heat units per pound, or it would not have melted. These heat units, called British Thermal Units, or B. T. Us. each represent the amount of heat required to raise one pound of water one degree F. Now, these 142 B. T. Us. which the thermometer could not register represent the latent heat of liquefaction. Now, if we wish to proceed further and turn this water into steam, we will have to add 192 units of sensible heat before the water will reach the boiling point of 212 F., and then 966 B. T. Us., in order to make steam. These 966 B. T. Us. are in the latent heat of vaporization. All other fluids, like water, will absorb a certain amount of heat before they change from liquid to gas. This amount is normally fixed for each kind of fluid, and can only be changed by applying pressure to the surface of the liquid.

Now, turn back to the problem of refrigeration. We had to find a liquid which would change into vapor at such a low boiling point that it could absorb heat at the necessary temperatures. Experiments were made with ether, ethyl chloride, sulphur dioxide, carbonic acid, several mixed fluids, and ammonia. As it was found that ammonia turned into gas at 28 degrees below zero F. at atmospheric pressure, and the amount of heat absorbed could be regulated easily by low pressure, ammonia was chosen as the most effective refrigerating medium. Ammonia is a puagent gas, which is the product of the destructive distillation of coal, wood and animal matter. It dissolves readily in water, forming the household ammonia generally used. The ammonia of refrigeration is anhydrous, or free from water.

When the refrigerating medium was found, the next step was the invention of a system in which liquid ammonia could be changed into gas by absorbing the heat from the air. But because ammonia is expensive and can not be allowed to escape, and also because a large amount of ammonia in the air is injurious to human life, some means of saving the gas is necessary. So we find two divisions to every refrigerating machine, the one to change the liquid to gas, the other to change the gas back to a liquid.

Where ammonia is the refrigerant there are two systems. The absorption and the compression.

The compression system consists of a compressor of either horizontal or vertical type, a condenser where the compressed gas is liquefied, a receiver to hold the liquid until it is again expanded into a gas, and the expansion coils where the change from liquid to the gas takes place.

The absorption system is built on the same general plan, except that instead of a compressor, a receiver partly filled with water draws the ammonia gas through the expansion coils. The affinity of water for ammonia is very great. When this water has absorbed all the ammonia possible, the strong ammonia water is pumped into a generator which is heated. The ammonia gas is driven out of the water by the heat, and the gas flows into the condenser, just as the compressed gas goes from the discharge of the compressor in the other system.

Owing to the many disadvantages caused by the necessity of drawing off the water, and also because no absorption plant pays, on a small scale, we will omit further details, and go back to the compression plant.

In the compression plant we find four parts: 1, the expansion coils; 2, the compressor; 3, the condenser; 4, the receiver of liquid ammonia. The expansion coils are spoken of as the low pressure or back pressure side, while the condenser and receiver are on the high pressure or head pressure side.

It is in the expansion coils that the ammonia

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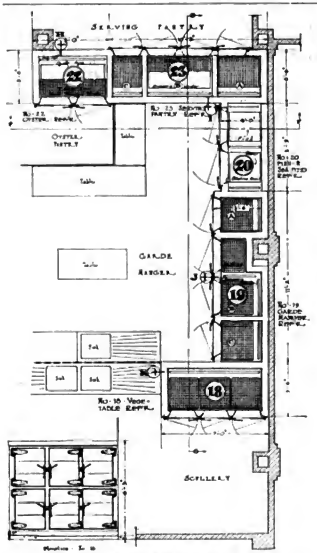
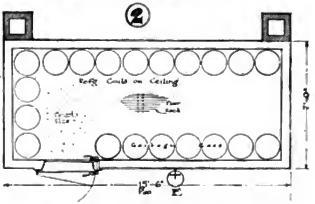
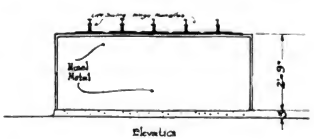


GARDE MANGER DEPARTMENT FOR HOTEL FONTENELLE, Omaha, showing No. 18, vegetable refrigerator; No. 19, the garde manger refrigerator with four compartments, shelves and drawers under; No. 20, the fish and sea food refrigerators, with pans, and shelves over; No. 23, the serving pantry refrigerator with shelves and with drawers under; No. 22, the oyster pantry with shelves over and bulk storage under.

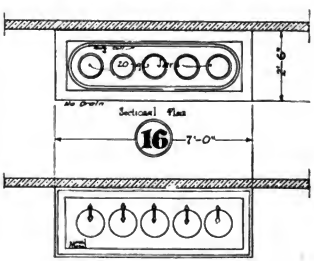
No. 2 · GARBAGE · REFRIGERATOR



THE GARBAGE REFRIGERATOR, Hotel Fontenelle, Omaha, showing wood rack over cement floor. The refrigerator coils are on the ceiling. The garbage cans are arranged around the room. The temperature can be brought as low as desired. (Jewett Installation.)



No. 16 · CONSOMME · REFRIGERATOR



CONSOMME REFRIGERATOR, the Fontenelle, Omaha, showing elevation, sectional plan, and plan of top. The consomme jars are of porcelain and with lift swing cover top. (Jewett Installation.)

does all the work of cooling by passing through the expansion valve, and changing into vapor expanding through the coils under reduced pressure. In the direct expansion system, which we are discussing, the coils can be attached to the ceiling or walls of the room to be cooled.

The compressor is a pump which draws the low pressure gas from the expansion coils and submits it to a pressure so great that the gas when cooled by water in the condenser, will become once more a liquid at the temperature of the water. The capacity of the compressor depends on the density of ammonia gas which can be pumped (24 pounds by weight, per hour for one ton of refrigeration).

The most generally accepted compressors are built with two single acting pistons. With the single acting machine the pressure on the stuffing box never gets above the pressure to which the gas is allowed to expand, about 27 pounds, so there is no danger of leakage. These compressors are driven by steam, gas, gasoline or oil engines, or electric motors.

The condenser is a set of pipes in which the hot gas is cooled and changed again into liquid.

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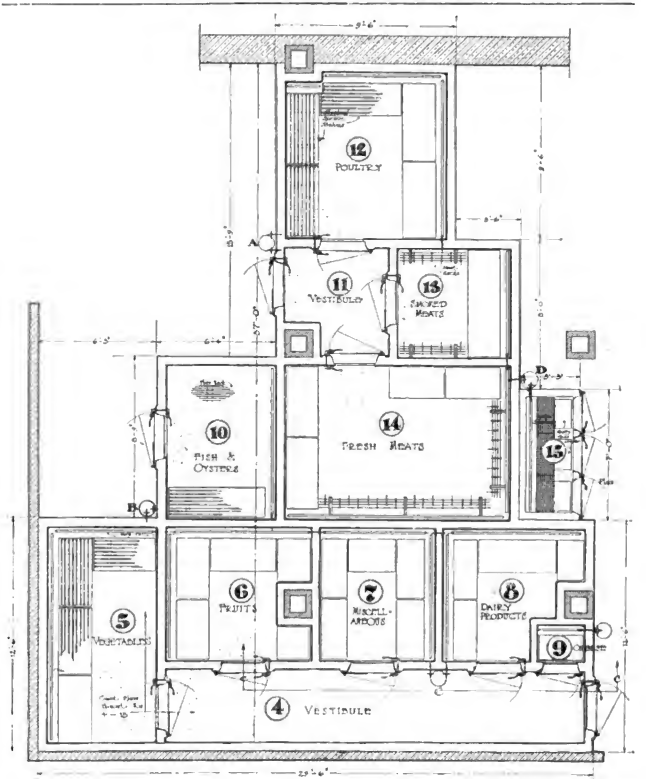

REFRIGERATION FOR HOTEL FONTENELLE, OMAHA, THE GENERAL STORAGE: Note figure 4, vestibule to storage for cheese, dairy products, miscellaneous, fruits and vegetables, each in separate compartments, the vestibule conserving the cold. Note the butcher's room; the alcove from it to the fish and oyster box; and directly opening from the butcher's room, the vestibule to the fresh meats, smoked meats and poultry rooms. No. 15 is the baker's refrigerator.

There are many different kinds, but for our purpose it is best to consider only the double pipe type. This consists of two pipes one inside the other. The water flows through the inner tube, while the ammonia gas flows in the opposite direction through the annular space between the inner and the outer pipe. The number of these pipes depends on the amount of work to be done in the condenser.

The receiver for liquid ammonia is simply a strong cylinder fitted with inlet and discharge valves.

This short sketch I have given you treats of the elements common to all refrigeration * * *

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Proper Inside Construction of Ice Boxes

Paper read by H. M. Stewart, of the McCray Refrigerator Co., Kendallville, Ind., before the Ohio State Hotel Association.

The two most essential things in refrigerator construction are: first, the circulation of air inside the box; and, second, the insulation of the walls. The first is perhaps the more important of the two, for unless the refrigerator or cooling room is so constructed as to insure a continuous circulation of cold dry air from the ice chamber or pipe bunker throughout every part of the refrigerator, the air inside the box will soon become stagnant and stale and dairy products and supplies which are easily spoiled will quickly take up the odors from other foodstuffs stored in the box and become tainted.

A refrigerator, too, without the proper circulation, has a tendency to become damp or to sweat, and as germ life multiplies very quickly in a damp atmosphere, foodstuffs stored in a poorly constructed refrigerator deteriorate very fast and the waste from spoilage is correspondingly greater.

The proper circulation in a refrigerator can be obtained in one way and one way only, and that is by the construction and installation of the necessary cold and warm air flues, circulation partitions, etc., which to the ordinary mechanic or local builder is an unknown art.

Where mechanical refrigeration is used it has been the common practice to suspend the coils on the side walls of the refrigerator. While, of course, this lessens the first cost of installation, it is bound to be more expensive in the long run, as such an arrangement is almost sure to mean a damp and unsanitary refrigerator. This is especially true in a storage room or other box having large entrance doors to walk into, for when the refrigerator is entered the doors are usually allowed to stand open more or less, and the warm air entering the cooler rises to the top, and coming in contact with the cold air inside, condenses on the ceiling of the room, causing the refrigerator to become damp or to sweat. This is a sure sign of imperfect construction, as a properly made refrigerator will show no signs of dampness if given proper attention.

It makes no difference whether a refrigerating machine or ice is used, the principle is the same; and unless the refrigerator or cooling room has the proper circulation, unsatisfactory results are bound to follow.

Next in importance to the circulation is the insulation or construction of the walls. Different refrigerator builders, of course, advocate different wall constructions and different insulations. You would find on investigation, however, that there are only three or four refrigerator builders in the country who have made a specialty and a study of hotel refrigerators and who have adopted about a standard wall construction; and when a variation from the standard insulation is advocated, about the only argument which can be used for its adoption is because the first cost of installing is less, which does not carry a great deal of weight when the durability and service of the equipment is considered.

As before stated, three or four firms install practically all of the first-class hotel work in the country, and years of experience have demonstrated to them that the most satisfactory insulation for hotel work is mineral wool and in some cases pure cork board. For ordinary sectional construction the standard walls have been found to be approximated at five and one-half inches thick, consisting of three thicknesses of seven-eighths inch lumber and three inches of mineral wool in two courses, one of two-inch thickness and the other one-inch thickness, with about four thicknesses of refrigerator paper. This construction has been found by many years' experience to be as near a standard as it is possible to get. This wall construction for efficiency and economy of operation has been proven by repeated tests under varying conditions to be the best for hotel work.

There is one thing in particular which may seem but a small matter to you, but which is of great importance, and that is, the arrangement of the drain pipe from the refrigerator. Without exception, the refrigerator drain should terminate in an open funnel or drain pan, immediately outside the refrigerator and should never be connected directly with the soil pipe or sewer without this open or broken connection. The connections must be broken in order to afford proper ventilation for the refrigerator.

In the modern hotel the old method of concentrating the storage facilities in two or three large storage boxes is being replaced by having a greater number of smaller refrigerators well arranged and conveniently located throughout the store rooms, kitchens and pantries, each refrigerator being constructed for the purpose of caring for different kinds of supplies, this not only eliminating waste, and saving time of the employes, but increasing the efficiency of the service.

The layout and arrangement of the refrigerator equipment of each individual hotel presents a different problem each time, and in order to render the best service to our patrons we maintain a separate hotel department with practical hotel men in charge, who devote their whole time and energy to this class of work, and whose service we want you to feel free to avail yourselves of at any time.

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A Cold Storage Question: Which Is Best for Hotels, the Direct Expansion or the Brine System?

A correspondent writes: "We are contemplating putting in some new cold storage boxes in our hotel. Some engineers have suggested that we put in what is known as the 'direct expansion system,' by which system we could do away with a brine tank; and I understand that this system is very much cheaper to install, and more economical to maintain than a circulating brine system. I also understand that there are two objections to the system of direct expansion, viz., the liability of ammonia leaks, and the difficulty of controlling the temperatures.

"As I understand the matter, this direct expansion system is nothing new, but inasmuch as very few hotels or cold storage plants that I know of are using it, I am doubtful as to whether it would be wise for us to install this system here, especially as our boxes are numerous and small, which makes the regulation of temperature all the more difficult. * * *

"I am pretty sure that a consulting engineer or a refrigerating engineer would tell us that it is perfectly feasible to put in this direct expansion system; however, I would like to know the experience of some of the hotels with it. It is my impression that a large majority of the cold storage installations in hotels and institutions are of the brine circulating type, and there must be a reason for it.

"Trusting you can give me some advice on the above."

* * *

An experienced man to whom the above letter was submitted, made this reply, in substance:

The direct expansion is not practical for hotel use, for the reason that a leak may happen away from the engine room, or at any point where the pipes are running; whereas, with the indirect, or brine circulating system, the accident of leaks is not liable to happen, only in the engine room.

If they put in the direct expansion system they can control the temperature with thermostats in the ice boxes, but not otherwise.

Another objection to direct expansion system is that if anything happens to the machinery the refrigeration immediately ceases; but with the other system there is a storage which overcomes this delay.

The direct expansion system is cheaper to install and cheaper to maintain, but these advantages are outweighed by the conveniences of the other.

We would not recommend it at all to a hotel with numerous boxes located at different points.

The ratio of value between meats and vegetables is changing, to the advantage of the latter.

Fish Box Designed by Fred Hall

From description of The Beaumont, Green Bay, Wis., April, 1913

Mr. Hall called particular attention to the ice box the McCray Refrigerator Co. made especially for him, in which the fish box is built in and

drains without affecting the balance of the box. It had so many good points that we asked the McCray company for an illustration of it, which they have furnished. The fish section is shown to the left in the illustration.

An Expert on Frozen Foods

Miss Pennington, government food expert. (At the government exhibit international congress of refrigeration): "Buy fish hard frozen, and thaw in refrigerator at from 45 to 55 degrees. Buy poultry hard frozen and thaw in refrigerator. Big poultry, as turkeys, etc., should be given thirty-six to forty-eight hours to thaw; small poultry twenty-four hours. Never thaw in water. Peas, fruits and the like can be kept solidly frozen as you see in the exhibit here, and be as good at Christmas as when put into cold storage. Everything must be absolutely fresh when put into the freezer package."

Most of the kicks from patrons of country hotels are directed against the villainous way the vegetables are cooked and served. Why not make a reputation for YOUR house for the general excellence of the vegetables served. It surely would be a great advertisement.

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Light on the Frozen Meat Question

F. R. Huntington of Armour & Co.

Frozen meat has been the object of a great deal of criticism, some of it, no doubt, in perfectly good faith, but the bulk of it inspired by yellow journalism and opposing business interests. Meat frozen when perfectly fresh is not properly the subject of any criticism whatever, but, sometimes, the small dealer or packer, with small freezer facilities or none at all, who does not make a business of freezing meat, will be long on certain fresh meat items; he holds onto them in the hope that he will be able to sell them, until finally they get so old that it is plain they cannot be marketed at that time without a great sacrifice. Rather than sacrifice the stock it is put into a freezer in the hope that later an opportunity will come along to sell it at a better price. The meat having gone just about the limit before going into the freezer, naturally begins to go bad immediately after it is taken out and thawed. The general public coming into contact with these cases have assumed that the freezing was responsible for the condition. Numerous little cases like this occurring through the country have generated quite a widespread prejudice against frozen meat.

There is a perfectly legitimate reason why some meat should be frozen. There are seasons of the year when certain grades of cattle come to market in large numbers. If the entire produce was dumped on to the market for immediate consumption nothing like proper value could be realized. And, furthermore, a little later in the year, when the same kind of cattle do not come to market at all, this grade of cuts would not be obtainable, and buyers would be forced to pay much higher prices in consequence.

The large packers make a strict business proposition of freezing beef cuts. When cutting cattle in sufficient numbers to produce cuts in excess of current demand, the excess goes into the freezer *every day absolutely fresh* and is carried at a temperature around zero Fahrenheit. Whether the cuts remain in the freezer one week, or one year or ten years, makes not the slightest difference in the wholesomeness of the meat. The only thing that can happen is that when the meat has been carried an unusual length of time, say two years or more, there is some evaporation takes place in the outside part exposed to the air, leaving the fibre dry, without moisture. There is nothing unhealthful about this; the nutriment is all there, but it would not be as appetizing, and in extreme cases where stock has been in the freezer two to four years, it might be necessary to trim off the end of a rib or loin to the extent of an eighth to half an inch. The evaporation, however, is not appreciable for any period short of one year.

The stories heard about the great length of time meat is carried in storage are strictly fables. Just look at it from a business standpoint; say we have one hundred thousand pounds of a certain cut in the freezer, costing 15c per pound. The freezer charge is one-eighth of a cent a pound per month, interest 6 per cent on $15,000. In one year we have freezer charges $1,500, interest $900, shrinkage (about 1 per cent) $150, total $2,550, besides insurance. At the end of one year the cost to the owner has increased 2½c per pound, which is quite sufficient to dispose of the idea entertained by some that meats are carried for years in freezers. Only in rare instances is meat ever carried more than one year and then on account of some slip-up or mistake in calculation. Ninety-nine per cent of all meat going into the freezer is marketed long before it has been there a year. Nothing short of two years produces any material deterioration of stock on account of the evaporation. Well authenticated cases have been brought to light of prehistoric animals in the frigid zone having been caught in an avalanche and buried in the snow, frozen, and afterwards covered by more snow and ice to the extent that evaporation was rendered impossible, and the carcass subsequently discovered, thousands, perhaps millions of years later, with the meat in perfectly good condition.

To sum it all up, the sole reason for any prejudice against frozen meat (aside from yellow newspaper bunk), is spoiled meat frozen by irresponsible dealers in an effort to get a longer price. Any frozen meat which is bad *was bad before it was frozen—not because it was frozen.* Any frozen meat offered for sale by a responsible packer with proper freezing equipment can be depended upon to be in perfect condition, wholesome and palatable.

The Right Kind of Boss

A hotel chef, commenting on the change of atmosphere in the working departments, observed on following a change of management. "The new man is a boss, and the right kind of a boss. Everybody in the house recognizes it, even to the lowest employe, and the house runs smoothly. There are different kinds of bosses; the ugly tempered boss; the loud talking boss; the good natured, easy boss, and the quiet, gentlemanly, get-there boss. Our last boss was of the easy kind, and everything ran slack. Our new boss is of the quiet, systematic, key-us-all-up boss, and we like him."

Just plain common sense has banished mongrel French from the bills of fare.

Labor saving machinery puts a premium on brains to care for and operate the machines.

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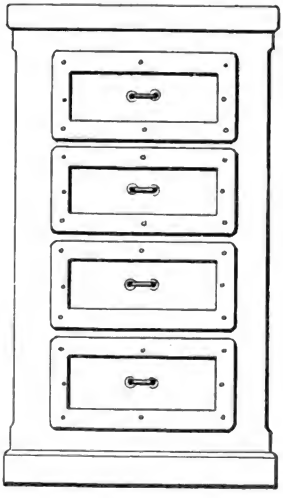


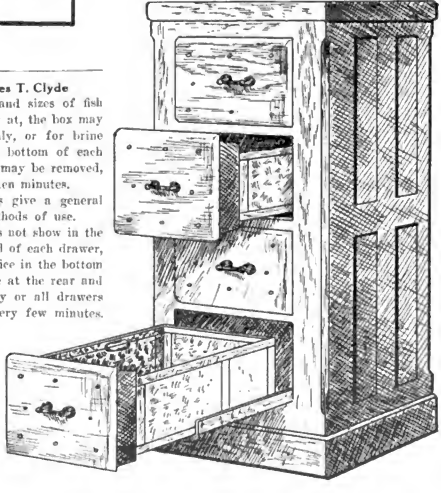
FRONT

Fish Box Designed by James T. Clyde

Inasmuch as different classes and sizes of fish are kept separate and easy to get at, the box may be used for ice refrigeration only, or for brine coils which are concealed in the bottom of each pan under the fish. The drawer may be removed, cleaned, refilled, and replaced in ten minutes.

The accompanying illustrations give a general idea of the construction and methods of use.

An important feature that does not show in the illustrations is the vent at the end of each drawer, which permits of the drip of the ice in the bottom of each drawer into a waste pipe at the rear and thence to the sewer; so that any or all drawers can be opened and cleaned in very few minutes.



The cost of a dish is no indication of its nutritive value.

It is up to the hotelkeeper to provide wholesome food.

Sell your accommodations according to market value.

The big kitchens are sure enough food factories.

Economy begets wealth. Study the economical entree.

Slow cooking should be supplemented with quick service.

"Please the eye" is a good motto for the caterer.

It's the overdoing it in the fancy dish line that nauseates the normal healthy appetite.

The refrigeration exhibit at the International Congress of Refrigeration demonstrated the wonderful development of cold storage in the last twenty years, and stirred the imagination as to the yet undreamed of possibilities in the revolutionizing of methods of food handling and marketing. Cold storage is yet in its infancy. No dreamer of the Jules Verne type has as yet predicted the full development along this line for the coming century.

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Freeze Live Crabs and Lobsters

Geo. B. McConkey, proprietor of McConkey's, Toronto, has originated a new method of storage for soft shell crabs, lobsters, and frogs' legs, that may be copied to advantage by hotelkeepers.

Mr. McConkey buys soft shell crabs in large quantities when they are in season and low priced. He imports them from Maryland. When they come to him alive he puts them in pails of water, then packs them in six dozen lots in tin pails, fills the pail with water, then puts them in cold storage, and freezes them solid.

As he wants them, later on, weeks or months afterward, he takes them out of cold storage, runs cold water on them to thaw them out, and they are just as good for service as fresh received live crabs. He has 500 dozen in storage at the present time.

He does the same with live lobsters; only, he says, you must give them lots of drink before the freezing; and when taken out of storage they must be cooked in water instead of steam, as, for some reason or other, which he cannot explain, steaming spoils them. It is the same way with frogs' legs; put them in water and freeze them for long preservation.

Fresh Berries All the Year for Pies and Puddings

F. J. Renning, traveling chef of the Northern Pacific dining car system:

"When I was employed by E. M. Statler in Buffalo, we used to keep berries in cold storage, frozen solid, and they were available for pies and other culinary uses thruout the year. There was some loss from mold, which destroyed usually about an inch of berries on top of the package.

"When I went with the Northern Pacific System I started to preserve berries after the manner we had been doing at the Statler; but I experimented and discovered a method of keeping them without losing from spoilage by mold. I took fifty-pound lard tubs, filled the tubs with berries, covered the top with about half an inch of granulated sugar, and put them into the freezer to stay until wanted, years after, if necessary. I found that the sweat which comes from the berries when they are freezing congealed the sugar into a candy and virtually made the package air proof, and prevented mold.

"When we take the berries out of cold storage we let them thaw out gradually for about twenty-four to thirty-six hours, and they are in just as good condition for culinary use as when fresh picked. This is the case in particular with blueberries, loganberries, blackberries and raspberries, all of which stand up good, and keep their color and flavor. With strawberries there is a slight shrinkage, but they keep their color and flavor. We have strawberry shortcake on our cards, occasionally, in dead of winter, and the patrons wonder where we get the fresh berries.

"This method of keeping berries in freezers may be adopted by hotels any place where they can get guaranteed cold storage; also the method is adaptable for soda fountains.

"We figure that by buying berries when they are plentiful and cheap and putting them into our own cold storage, that we not only effect a great saving in cost, but can serve foods out of season to the pleasure of our patrons, and, too, without going to the seeming great expense of this service."

Cold Storage Charges

A Chicago South Water street (provision) merchant, asked if he used mechanical refrigeration in his store, said: "No. For our ordinary purposes, the ice is sufficient. But very little of the goods we handle ever comes to the store. We use cold storage warehouses almost altogether. The goods are delivered direct to the warehouse, and we draw from the warehouse as needed and deliver direct to customer. The cost of the storage is ½ of a cent per pound per month. To this cost is added the interest on the value of the stored goods, insurance, etc. So far as storage charges go, however, one and a half cents a pound will pay to have the goods frozen solid for a year."

A meat buyer: "Meats are carried a long time in cold storage; but it is not desirable to carry them too long, for there is an evaporation that spoils the outside for food. It leaves it stringy and has to be trimmed for domestic use."

The Buying of Hotel Supplies

Address by John Tellman before the Illinois Commercial Hotel Association

. . . Another contention we have is the cold storage system as conducted at present. Now, understand me, there is no doubt in the world but that cold storage is one of the greatest blessings. But, as at present conducted, it has been a means for market manipulation, of cornering the market and holding the products, when it is an injustice. And in order to succeed in their efforts the products are often held until the same deteriorate, and even become harmful as food, and then, as the season for new and seasonable products comes in, be compelled to dump the harmful goods on the market; instead of which they should be condemned and destroyed.

I believe that most foods can be well preserved for a time in cold storage, and some even improved a little by a short aging in the cooler; in particular meats for two or three weeks; also poultry for a certain time; also fruits and vegetables may be kept for short time; thus we may have fine apples until June, and vegetables months after they are

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out of season. These features of cold storage are beneficial. But fish should not be kept very long, for they begin to lose quality the moment they are taken from their element. Eggs do not improve in cold storage. There never was a system invented whereby eggs would keep their quality. After a time they grow rancid, and anybody can tell when an egg is not fresh.

I believe that cold storage should be a federal and not a state regulation. For instance, there might be one law affecting cold storage in Missouri and a totally different one in Illinois, and cold storage houses in East St. Louis, just across the river, might demoralize the St. Louis market.

. . . My policy is to buy the best. A fat turkey is worth more than a lean one, for the frame in a fat turkey weighs no more than the frame in a poor turkey. A short loin is cheaper than a long one, as the waste is less; the same way with all meats and poultry, also fresh vegetables. A well filled can weighs more. You can afford to pay the difference. In buying the best you save shrinkage, which you must suffer with cheap cuts or light packages.

Making Unclouded Ice from Raw Water

We inspected the ice making plant installed in the Neil House (Columbus, Ohio) by the Arctic Ice Machine Co. Manager Harmon explained the installation and complimented it highly. The device is of particular interest and value to hotelkeepers from the fact that it makes pure unclouded ice from raw water. The installation is similar to the ordinary ammonia-brine process for refrigeration, and the fifteen-ton plant of the Neil House cools 19 boxes, in addition to a pull of 2½ tons of ice. The farthest box, a showcase located at the entrance to the restaurant, is maintained at 32 degrees. This showcase is of double glass, with glass partitions, forming separate compartments for meats, fish, and vegetables on display. The clear ice is produced by means of compressed air forced into the bottom of each of the freezing tanks, and continuously aerating the water so that at the end of thirty hours a 200-pound cake of ice, clear as crystal, is pulled from the tank. Ordinary filtered water is used.

Custom makes slaves to etiquette in eating.

Rushing the can in the kitchen has a demoralizing effect.

It is the waste of spoiled food that makes the unskilled cook expensive to employ.

The "cuisine classique" pleases only people with pampered palates.

The chef who smokes in the kitchen sets a bad example for his assistants.

Packing Meat for Individual Portions

In the butcher shop (Northern Pacific Commissary, Seattle) we noticed the great care taken in cutting and packing the meat for individual portions. Steaks are eighteen ounces, mutton chops two to the order, lamb chops three to the order, all uniform portions, and all paper wrapped. Preparation is made for 500 chicken pot pies a day. Bacon is cut with a Sterling slicer, the bacon left on the rind.

Good for the Digestion

The old Persian maxim: "Eat slow and you will not overeat," when made a rule of life in this day and generation, does more for the comfort, health, and well-being of those who practice it than that of any other maxim than the Golden Rule.

The seven words of this Persian maxim printed upon the frieze of the dining room, so that all who eat might read and take heed, should answer a three-fold purpose. First, and most important of all, to conserve the health of the diner, which means improvement of disposition and a happier life. Second, a greater appreciation of the food eaten, which means the more thorough enjoyment of this absolute necessity of life—eating. Third, it means economy, particularly in the American plan house, for there would not then be the waste which the present "hurry and spoil" methods entail.

True, the meal hour would be prolonged. And it ought to be, to give opportunity for promoting the "eat slow" habit.

Never-Ending Fight on Vermin

"The world fights bugs as much as sin," remarked a hotelkeeper who has been up against it in ridding an old house of vermin. "I wish," he said, "there was some more cleanly and effective method of doing this work than is now known. I have tried the powders, and the liquids, and the fumes, and the traps, and most every device that has been conceived by man for extermination of household pests. And while I have, in a measure, succeeded, yet the fight against vermin is never ended. It seems to me that a great fortune awaits the genius who will devise and market some method, other than at present known, that will do the work without muss or disagreeable odors as the result of the attempt. The great demand is for something to eradicate roaches, bed bugs, and ants. Rats and mice also might be put in the category."

Marketing Logically

Quoting Miss Ellen Lindberg, manager Hotel Cloquet (40 rooms), Cloquet, Minn.: "I pay my butcher good prices. I cannot expect him to give me the best meats and then bargain."

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MAYONNAISE

A subscriber criticises the Whitehead receipt for mayonnaise recently printed in the HOTEL MONTHLY as being a slow and laborious method and not adapted for the average kitchen requirement. He says:

"I have tried the different ways and have met with best success by using as little as possible of lemon juice or vinegar to start—just enough to make the mixing in of oil possible and proper.

"One great source of trouble to the cook in making mayonnaise is the fault of too little of egg yolk, or improper salting. Salt has a wonderful chemical effect on oil and especially on egg yolk. It is better to use too much than too little of either. The egg yolks are the foundation of a good mayonnaise that will not disintegrate or 'break' as the cooks commonly call it.

"You should gage the quantity and quality of mayonnaise by the quantity of egg yolks used—about six egg yolks to a quart of oil is little enough.

"Salt is very important and an otherwise good mayonnaise would be spoiled by improper salting. The lack of salt is what often causes the mayonnaise to 'break.' About one and one-half tablespoonfuls to a quart of oil is right.

"To make up a gallon of oil into mayonnaise, place in the mixing bowl the yolks of twenty-four eggs, six tablespoonfuls of salt, four tablespoonfuls of English mustard (vary the latter according to quality), and red pepper. Some add flavoring; such as rubbing the inside of the mixing bowl with clove of garlic; adding grated nutmeg or something. A pure or good oil, though, is best without flavoring, beyond the use of lime or lemon or white wine vinegar. Lime and lemon juice is always permissible and desirable, but vinegar is commonly made to take its place. Use the best vinegar obtainable; white wine or cider vinegar are about the best.

"With the ingredients above given, in the bowl, get your whip and begin to stir. You will find that it soon becomes a too solid mass to work. Then you add vinegar or lemon juice, just enough to loosen up the mixture and permit of mixing in the oil. You should keep the contents of the bowl as solid as you can and allow for the proper mixing of the oil; you thereby gain what is most needed in making good mayonnaise in good time, plenty and the maximum of friction.

"Should your bowl contain a soupy mixture, it requires all the more time and labor to mix in the oil, and also renders it impossible to obtain the best results. So by all means keep the mixture hard. Add generous quantities of oil as you proceed, not drop by drop as Whitehead directs, but cup by cup. Be careful to keep the dressing properly mixed and not go too fast. You can tell at once, if you know your business, just when it is stirred enough, but it is a knowledge you must acquire in order to make a successful mayonnaise. It has a peculiar finish and glassy appearance when properly finished. This, like bread making and some other things, must be acquired by experience and are not to be learned in books.

"Now, having whipped in all the oil you are going to use, add your vinegar gradually as you do the oil, until your dressing is of the proper consistency, leaving it quite thick. Oftentimes the cook makes his mayonnaise too thin. Care should be taken to have it thick enough to mold or 'mask' properly and give the desirable finish to the salad. By the above process the skilled man may turn a gallon of oil into mayonnaise in fifteen or twenty minutes.

"All oils are not alike and will not make up nor keep the same. It is very difficult to make a mayonnaise that will 'hold' some oils. In such cases it is best to mix a mock or cooked mayonnaise with the oil dressing in order that it may hold well.

"A mock mayonnaise is something that every cook should know how to make. You can get all the salad dressing you want at very little cost by its use. It is quite as good as a pure oil dressing and, made in some of its ways, is oftentimes preferred by the diner who has not acquired the peculiar appetite needed to appreciate the pure olive oil dressing.

"In many cases where you may be working on the low per capita basis, the cooked mayonnaise will save you a lot. You should always have some on hand in your cooler. This dressing, like the one of all oil, can be made in different ways. Made rich enough with eggs, cream and butter it is fine and more expensive than common oil. For ordinary and saving purposes, my method is to make a roux, as for a sauce, using the salad oil or drawn butter with flour. With this roux mix in the mustard, salt, pepper, and flavor; then mix in equal quantities of boiling vinegar and white stock, or plain boiling water to finish with; add the egg yolks, the latter to be properly mixed and 'set' so that the whole will be about the consistency of the average Hollandaise sauce. Put this mixture away to cool in earthenware; then, when you want a mayonnaise dressing, you can use one-half of the cooked dressing, first stirring it until smooth, to one-half of the pure oil dressing; or even two-thirds of the cooked dressing to one-third of the oil dressing. You can thereby reduce the cost of your salad dressing by one-half or more, and by skillful work have a dressing that will never 'break,' and that will pass almost anywhere outside of the very best places.

"In using eggs for making consomme always

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lay away the yolks, as the white of the egg only is quite as potent as the whole egg, and better in clearing stock. Be sure the yolks are free of fertilizer, that they may keep well. By these means you will likely have a stock of yolks for salad dressing and other uses. CHEF.

SOME SIMPLE LIFE FOODS

WATERCRESS SANDWICH.

Two slices of bread cut about half an inch thick. Spread with butter. Pile one slice one inch deep with watercress. Sprinkle salt on the cress. Place the other slice on top, butter side down. Press into sandwich. Bite into it and eat hearty.

This is one of the most wholesome breakfast or supper dishes imaginable. Especially prescribed for those who need the complexion improved or blood purified.

Instead of bread for the above recipe a shredded wheat biscuit may be used. Split into half. Butter each half of the split side and make a watercress sandwich.

BOILED ONIONS.

Take half a peck of onions. Peel; put into a stew-pan with cold water. Put on the fire and let boil till soft. Then take about a pint of milk; pour onto the onions and let simmer for two or three minutes. Season with salt.

Make a full meal of this dish. The liquor is just as good as the onions. Eat it all. Use a little butter when eating, if you like butter; also any kind of bread.

If you are very tired and nervous, let this be your supper. Go to bed and sleep, and awake refreshed in the morning.

ASPARAGUS, PLAIN BOILED.

Boil the asparagus until thoroughly cooked. Eat unsparingly of it, using salt as the only condiment. People who fear Bright's disease will find this dish their salvation.

RAW CARROTS.

The Gladstone chew is a great accomplishment in the line of promoting good digestion. The habit is hard to acquire, especially with those who have been used to bolting their food. Here's the prescription: Take each day for lunch one or more raw carrots. Pare or scrape the skin off. Cut into discs about a quarter of an inch thick. Sprinkle with salt. Chew until all the juice is extracted. Don't swallow the residue.

The raw carrot, when fresh pulled and brittle, is a most relishable vegetable. It is rich in sugar and for hundreds of years has been known as a vegetable good for the blood. It is also fine for keeping the teeth white.

SHREDDED WHEAT WITH BANANAS.

Crush a shredded wheat biscuit into a deep bowl. Take a ripe banana; peel; cut into discs until the wheat is covered. Sprinkle salt over. Pour on about a gill of milk (not cream). Chew well before swallowing. Fine for breakfast for everybody, and particularly good for supper.

ZWIEBACH WITH HONEY.

Spread zwiebach with strained honey, and eat. Don't use the strained honey that you buy in the stores, unless absolutely sure that it is pure. Buy your honey in the comb, and strain it yourself. Then you are sure of pure honey. Much of the marketed strained honey has been doctored with alum, and may be yet, and this is poison.

HALF-AND-HALF AND ZWIEBACH.

Bowl of half milk and half cream. Several slices of zwiebach. Break the zwiebach into the half and half, one slice at a time, so as to eat while yet crisp. Sprinkle a little salt onto the zwiebach each time a slice is broken into the half and half.

ADAM'S APPLE.

Crush a shredded wheat into a deep bowl. Cover it with four or five tablespoonfuls of stewed apple. Sweeten to taste. Use very little milk or cream. This combination of cereal and fruit taken as the last dish at breakfast, or the last dish at supper, is prescribed as one of the best agencies for correct regulation of the stomach.

* * *

The above are only a few suggestions in the line of getting away from the fancy foods that are so conducive to biliousness and other ailments that afflict both the rich and poor, from eating hifalutin named dishes, that are in reality nothing more than a variety of hash.

The simple foods of our forefathers are becoming recognized as the best nourishers and health givers for the present generation. It is a well-known fact that men and women who live longest and enjoy life to old age, are those who eschew the fancy foods and enjoy the God-given flavors of the individual cereals, fruits, vegetables and meats.

The Keen-Eyed Carver

An old saying is that a carver should have good eyesight. Two stories are told to illustrate this: One, that a carver can not work successfully unless he can read fair sized print with the naked eye at the distance of the beef he is carving.

The other: That he should be able to carve roast beef so thin that he can read fair sized print through the slice of beef he has carved!

The can-opener is a mighty handy tool in kitchens and pantries nowadays.

Lack of proper nourishment is lack of proper knowledge of what proper nourishment is.

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CORNED BEEF

The editor's attention having been called to the ever increasing demand which is being made for corned beef, endeavored to ascertain a few facts regarding the different cuts of beef, process of curing, and such other information that would tend to enlighten some of our readers as to certain possibilities of building up a reputation and causing comment to be made in favor of tasty dishes served in their dining rooms and cafes. After making inquiries at several of our leading hotels and restaurants, we paid a visit to the establishment of Irwin Brothers, Chicago, a firm enjoying the distinction of turning out a grade of corned beef second to none in the country. John Irwin took us into the mammoth cooling room and proceeded to give the information we sought. He said:

"You are aware of the fact that we supply a majority of the leading hotels and cafes of this town, as well as a great number within a radius of five hundred miles from here. Therefore, enjoying this reputation, it is very essential that we give the very best that the market will provide. We have experimented for a number of years to produce a grade of corned beef which would be in keeping with our reputation for supplying fresh meats, and are happy to say that we have mastered this subject, and are now prepared to fulfill every demand for delivery of a perfect grade of corned beef."

Making a demonstration, Mr. Irwin laid particular stress upon what is commonly known as brisket corned beef. "This particular cut," he said, "is taken from the breast of the beef, and in order to insure a tender piece of meat, it must come from native corn fed cattle. What I mean by 'native' is such cattle as are fed and raised on the farms of our middle western states, such as Iowa, Indiana, Missouri, and of course our own state. Cattle coming from the western ranches or Texas plains, where they roam the prairies in a wild, uncultivated country, become very much hardened and naturally tough in meat, therefore we will not use anything but home grown meat in making our now famous corned beef."

Mr. Irwin took us to their trimming and pickling rooms, where he showed how these briskets are prepared and the processes used in curing same. The brisket is cut from the lower or point end of the plate; the bone is entirely cut out and most of the fat trimmed off, thereby making it economical to use, as there is absolutely no waste after curing. When trimmed it is put into a large vat to soak and be thoroughly washed. After being in this water six to eight hours it is transferred to another vat containing a light brine which is used to withdraw the blood from the meat; after going through this process it is again transferred to large wooden pickling vats containing a brine, the ingredients of which are a secret of their expert corned beef maker, there to remain about twenty days, in which time it should be thoroughly cured and ready for use.

Occasionally the brine does not penetrate a certain spot of the meat, causing a dark spot to appear, in which case the portion so affected is inoculated with brine by means of an instrument especially made for that purpose, after which the dark part disappears and the meat will cut showing a dep red color throughout.

The economy of serving corned beef is in the fact that there is absolutely no waste to it. It is very delicious whether served hot or cold, and all so-called rough pieces can be utilized in making a very tasty and palatable dish called "hash."

"Our corned beef is regularly inspected by government officials," said Mr. Irwin, "to show that the pure food laws are strictly adhered to, and to insure against the use of preservatives of any description, thereby assuring our customers of getting nothing but pure, wholesome grades of corned beef.

"When served as a boiled dinner, or with cabbage, there is nothing to compare with this kind of meat, provided it is cooked properly, and I wish to state right here that this is the essential part of serving this dish. Corned beef should always be put on the fire in cold water and allowed to boil at least five hours. It is advisable to put on the first thing in the morning, say at six o'clock, which will enable you to have it ready for service by eleven o'clock. Never allow corned beef to be partially cooked and then warmed up just before it is wanted, as this will lose the flavor and cause it to become hardened, giving it a very flat taste, thereby depriving your customer of that satisfaction he is looking forward to when he sits down at your table and places his order with the waiter."

* * *

Sirloin steaks: While in the cold room, we noticed some extra large and fine looking sirloin steaks. Asked who these were for, John Irwin said: "These steaks are for one of Clyde's feasts. There is nothing finer. The steaks are cut three and a quarter inches thick, and weigh nine and a half pounds. It takes about an hour to broil one of these steaks, and one steak is enough for eight people.

"The steer these were cut from was killed seven weeks ago. He weighed alive 1,625 pounds, and dressed, a thousand pounds. That gives this special carcass a dressing percentage of 62½ accounted as good. The ribs and loin constitute only 26 per cent of the dressed weight."

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MEAT CUTS FOR PROFIT

Extracts from a paper read by Maxwell M. Jones of Libby, McNeill & Libby before the Ohio Hotel Association (January, 1913):

There are now, therefore, special reasons for practicing economy in the use of meats, and the important question is how are you to practice economy more than you now are? This doubtless is the question that is puzzling most of you. It is of the most vital importance to you as hotelkeepers because of the large quantities of meat necessarily consumed in your business. I can merely offer the suggestions of a layman and put questions that you alone can answer, but before proceeding further I wish to repudiate all suggestion of criticism and apologize for my presumption. You all of course appreciate the fact that the tremendous increase in the number of European plan hotels and a la carte service during the last few years has proportionately increased the demand for steaks, roasts and chops, letting the coarser parts of the carcass go a-begging, whereas the coarser meats were formerly largely consumed by American plan hotels. All meats that can be converted into steaks, roasts and chops are therefore now at a premium. This is a cue: Find ways and means to use more coarse meats. Then, too, you all doubtless appreciate the fact that much waste and loss may occur because not sufficient scientific care is bestowed on all meats received at your hotels. The old adage, "Eternal vigilance is the price of success," here applies with peculiar force. Do you enter your refrigerator at least once each day to see what shape and condition every article is in? Do you make it a point to have all the receptacles scrupulously clean, so as to keep the meats perfectly sweet and prevent any of them from becoming rancid or tainted? Do you actually use all the meats you receive and pay for?

Do you use all your meats economically? Are they all used to the best advantage? Do you permit any of them to spoil through carelessness? Do they bring proper returns? Are your steaks and chops cared for, treated and cooked scientifically? Are they kept cold and dry without coming in contact with ice? Is the air excluded from them so far as practicable? Are they dusted with salt and placed on a hot broiler and exposed only long enough to be seared and then quickly turned over and seared on the other side, so as to seal the juice in the meat before further broiling, or are your steaks and chops laid on ice, permitting the water from the melting ice to permeate the meat, separate the fibers and carry away the globules of nutriment and flavor and then placed on the broiler, allowing the first side to remain exposed long enough to expand the fibers and force substantially all the juice through the top surface and be lost on the broiler when the steak is turned over? Does your cook puncture your steaks and chops with a fork or other utensil so as to allow much of the juice to spurt out during the process of cooking and thus impair the nutriment and flavor? Do you serve steaks and chops economically trimmed, or do you serve steaks with the tough ends attached, which are rarely eaten, when they might be cut off and converted into profitable meat dishes? Is your business such that you can serve pot roasts, lamb and mutton stews, meat pies, etc.? Have you figured to ascertain how little per capita these cost? Have you investigated to ascertain whether your cook makes these dishes as good as the cooks at other places do? Do you realize that these dishes made poorly reflect on your management and that a dish worth making is worth making well? Do you realize the full value of a good cook and compliment him and even reward him when he originates a special dish fit for kings and politicians from good, wholesome raw material that would otherwise go to waste? Do you realize that the average guest seldom knows what he intends to order when he seats himself at your table, and that a recommendation by a well-trained waiter of a special dish will often lead to his ordering it instead of a steak or a chop, not only then, but often afterwards, if good, and that he will recommend it to others, and that your hotel will profit more both in money and in reputation by serving original special dishes cooked to perfection than by serving steaks and chops, on which the profit is little or nothing? Do you keep mutton and lamb continuously in view and serve them liberally when cheap? Do you realize that the shoulder can be roasted and made delicious? Do you insist on all the coarser meat that is to be used for special dishes being used before it becomes tainted, when to be used it must be spiced so highly as to destroy its natural flavor to conceal the taint? Do you realize that hamburg steak to be real good must be made of strictly fresh meat and is never good when made of stale meat?

AN EXPERT ON MEATS

From address of J. P. Maguire, of Armour & Co. before the Kansas-Missouri-Oklahoma Hotel Association, December, 1913.

. . . Now again, Mr. Hotel Keeper, you only use about thirty per cent of the beef animal, consisting of ribs, and loins—and approximately two of the latter to one of the former—and a small percentage of other parts, such as tongues, livers, oxtails, sweetbreads, etc., leaving seventy per cent to be gotten rid of elsewhere, perhaps, after we have carried it in stock a long time in a frozen condition, thereby depreciating its value; and still

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right at this moment you can buy a number one chuck steak in Kansas City at twelve and one-half cents, and boiling beef at ten cents.

. . . Furthermore, you doubtless don't realize, but it is the truth, a great deal of bacon is used on account of its weight instead of its flavor. You all like a piece weighing about three to five pounds, which constitutes about six per cent of the weight of a hog. Isn't that true? When told that heavier pieces come from more matured hogs, what is your reply? Our patrons like their portions "thin," and "thin" they must be. Therefore we have got to get "thin" hogs and then store perhaps for months the balance, or about ninety per cent—all but the bacon—until we find an outlet.

Now it would be just as easy for you gentlemen to get an apple that was flawless in every way but had only been growing four weeks, as it would be a perfect piece of bacon that would tip the scale at four pounds, for the hog from which it comes is neither matured by age nor feed.

Shall the slaughtering of calves be stopped? Well, with feed as high and as scarce as it is now, what would you do for sustenance if we had nine million more of them to take care of this year or next? Wouldn't it be far better to cross breeds for the purpose of producing the best beef calf? Then, to take care of them as they should be and feed scientifically and see if at the end of the year you would not have an animal weighing two hundred pounds more on an average than it does now? A gain of fifty per cent, which would mean a great deal in making up the meat deficiency.

Again right now the lighter animal weighing alive from six hundred to eight hundred pounds in prime condition will bring almost as much as prime steers on that account. Why, then, keep the latter until they are two or three years old, and scale twelve to sixteen hundred pounds before slaughtering? Which would mean a great big loin and rib from which you couldn't cut a thick steak for less than one dollar.

Sweetbreads and Milk-Fed Veal

Chas. Wissman, provision dealer, New York: "I have specialized sweetbreads and veal for many years. I handle only choice goods. I collect from a wide territory; also distribute widely. I will not handle veal unless it is over six weeks' old and weighs 120 pounds upward, and it must be milkfed veal. Calves should not be bled before killing. It is cruel, and, besides, the loss of blood affects the health of the animal."

A sharp steel knife will prevent many a kick at the tough steak.

A foul-mouthed chef handicaps the dining room service. Decent waitresses will not work where the verbal atmosphere of the kitchen is unclean.

MILK FED CHICKEN

Since milk-fed chicken has become so prominent on bills of fare, the following correspondence will doubtless interest many of our readers:

"We frequently represent milk-fed chicken, on our dining car and restaurant menus, but there is some doubt in my mind as to whether the average person can tell the difference between milk-fed chicken and the fine fresh killed broiler. Isn't it a fact that the term 'Milk-fed chicken' is used with the same freedom on menus as 'Vermont turkey' and 'Long Island duck'? In your opinion, is the supply of milk-fed chicken equal to the demands of dining cars, restaurants and hotels, in addition to the demands of private trade.

"I should like to get as much information as possible on this subject: Where are the milk-fed chickens farmed; what is the manner of treatment; how are they fed; what grade of milk is served them, and at about what temperature? I am advised that a large quantity of the milk-fed chicken served in hotels and restaurants is cold storage stock. Is this so, and what effect has cold storage on this kind of chicken?"

For authoritative reply the letter was submitted to the poultry department of Armour & Co., who furnished the following information:

"There are very few people outside of the poultry business who can readily tell the difference between a milk-fed and corn-fed chicken, and think the information expressed in the first paragraph of attached letter is nearly correct. Poultrymen determine by the color and texture of the skin; the milk-fed chicken being soft, smooth and whiter in appearance than the corn-fed.

"In regard to the second paragraph: the chickens are farmed all over. They are fed in various ways; some use skimmed milk and oil meal; some use oil meal and white corn; some serve the feed luke-warm, while others serve it cold.

"All the milk-fed chickens served in hotels and restaurants are cold storage stock, as it is frozen before being shipped to market. It is quite generally conceded that freezing has a beneficial effect on all poultry, milk-fed included."

More About Milk Fed Chickens

S. L. Knisell of Galen Hall, Atlantic City:

"I am well aware that plenty of hotels and restaurants use any term they think sounds effective to designate dishes listed on their bills of fare, and without any care to tell the truth. Putting it plainly: they lie about what they have for sale; they misrepresent their goods. The 'Vermont' turkey, the 'Long Island' duck and the 'Philadelphia' capon are familiar in the list of geographical lies. I know of houses that regularly serve Gorgonzola cheese and call it Roquefort, while in another in-

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stance drum fish sometimes masquerades as sheepshead.

"But to return to milk-fed chickens: In the New Jersey poultry district chickens are 'put up' for about two weeks before they are killed. That is, they are confined in small coops so that they cannot get other than clean food and will not run their fat off. They are fed with corn meal and skimmed milk. To this is often added stale bread or other cheap left-over but clean foods, obtained from bakeries. This is fed hot or cold, depending upon the amount of care the farmer is willing to take. This Jersey poultry is much esteemed, is never 'strong' in odor, and brings top prices.

"But, possibly, this is common knowledge.

"I have seen chickens milk-fed on a large scale, and this is the method employed: Live chickens are bought that are as near to 'frame and feathers' as possible. They are put in wooden slat coops having wire mesh floors and an under floor of galvanized iron which is removable for cleaning. Eight birds in a coop. Each coop has a removable coop trough in front, and a container for water. The coops are placed on top of each other three or four deep, after the manner of the familiar sectional bookcase. As each coop is emptied it is dipped in hot milk of lime, dried and again filled with live poultry. I have seen eight thousand chickens in such quarters in one lot. They are fed liberally four or five times a day a mixture of corn meal, wheat flour, suet, graham flour, salt, powdered charcoal and buttermilk; or milk or skimmed milk is used if other supplies are not available. The food is prepared in a vat, the milk is heated sufficiently to melt the suet, and the mixture worked with a shovel until it is about the consistency of molasses.

"The usual time for keeping chickens on this food is fourteen days, though this period is exceeded at times when the demand for the products does not require the usual quota to be killed. Chickens so fed will increase from 10 to 15 per cent in weight, and the appearance of the second joint meat is often markedly changed in color and becomes almost like 'white meat.' A chicken so fed will improve and be much more tender than the hillside fowl not so treated. Of course some chickens are beyond hope of being improved—their day having gone by.

"Fatteners of chickens after this method have a two-fold profit: weight and quality.

"Where chickens are kept so closely together it is necessary to maintain circulation of air; usually this is accomplished with electric fans.

"Someone is mistaken when they assert 'All the milk-fed chickens served in hotels and restaurants are cold storage stock.' My observation is quite contrary to that statement. I know some hotels that positively never serve any cold storage stock of any kind. It can be done, but of course they are particular people and ambitious to please their guests and achieve a reputation for quality."

Habits of Oysters and Soft Shell Crabs

"The oyster has a back-bone just like a rabbit," said Esau L. Johnson of Hotel Johnson, Washington, D. C. (Mr. Johnson has been in the oyster business all his life, and so was his father before him. He can tell, by looking at an oyster, what part of the Chesapeake Bay it grew in, or if it is foreign to the Chesapeake beds. He knows the habits of the animal, and is familiar with oyster culture in all its phases.)

"Did you ever see the back-bone of an oyster?" asked Mr. Johnson.

"No? Then I'll show it to you." And he took his pen knife and dissected one.

"You will see," said he, "it begins at the neck, or gills, and stops at the stomach, just like the back-bone of other animals."

And, sure enough, the back-bone was there.

"The oyster feeds five hours at flood tide, and sleeps seven hours at ebb tide," he said. "Often when feeding they catch little scabirds by the feet as the birds commence to feed (a great many rocks being dry at low tide). As the flood starts you could put a pencil in the mouth of any of the oysters; and, the little birds pitching on them, they close on the birds.

"An oyster for the market must be kept very cold, but not frozen. If the oyster's heart is frozen, the heart will burst, and the oyster dies; but if not too cold, the oyster will live."

"Soft shell crabs commence to shed when they are about the size of a nickel," said Mr. Johnson, "and that is the way they grow,—by shedding four or five times a summer, mostly on the full moon, coming out of the hard shell much larger each time than the time before. The light of the moon shining full on the water is supposed to cause them to shed their shells."

Only a sharp steel knife will in any way atone for the tough steak.

There never was a time when food economies should be more carefully studied than now.

Many of the "fancy meats" on the market lists of today were classed among the discards thirty years ago.

If hotel men operating hotels with poor cold storage facilities knew how much they lost through lack of good cold storage facilities, they would very soon supply the needed refrigeration.

Millions of dollars' worth of good meat is wasted in hotels annually because of lack of skill in the cutting and carving. These are the fine arts of the kitchen. Give them best attention.

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SERVICE IN SAN FRANCISCO

Rules Governing Waiters in the Palace and Fairmount Hotels

Victor Reiter's School of Instruction

Copyright 1910 by Victor Reiter, maitre d'hotel, Palace and Fairmont Hotels.

Victor Reiter, the maitre d'hotel, entered the employ of the Palace Hotel nineteen years ago, coming to San Francisco from New York as an expert on service; and his influence in dining room service on the Pacific Coast is marked, and extends over the continent. In fact, there are many skilled men today, working in New York, who got their training from Mr. Reiter. He has conducted a School of Service, and it is months after a new waiter is on the pay roll before he is graduated as a first class waiter, to be entrusted with the all around service of the standard the Palace and Fairmont Hotels demand.

Said Mr. Reiter, "Our waiters are mostly Europeans, men who have had experience as butlers, etc., especially those employed for the up-stairs service. You may be surprised to hear it, but our guests are accustomed to better service than they receive in New York. We are in position to give better service than in the East, for the reason that waiters here are paid $2.00 a day exclusive of their tips. It takes the average New York waiter who comes here some months of training before he fills all our requirements.

* * *

As illustrative of the pains taken by Mr. Reiter to give correct service we reproduce, with his permission, the rules compiled by him for the main dining room, the banquet, the afternoon tea, and room service. These rules are copyrighted by Mr. Reiter, as they are a part of his School of Instruction.

Room service rules

1. When serving guests in rooms, do not place trays or dishes of any kind on the furniture.

2. When taking an order over the telephone be sure of getting the right room number, as a mistake would cause a great deal of trouble and delay.

3. Before filling order show it to the captain.

4. After an order has been served, check it off by making a circle around the room number. The captain will then know the waiter is ready for another order.

5. When taking an order which is to be served the following day or down stairs, be careful to have it written plainly on a blank, with room number, name of guest, number of guests, where to be served, and at what time. Send it immediately to the one in charge of the dining room mentioned.

6. Every waiter is responsible for the return of trays and ware taken by him to the rooms. Upon their return same must be checked off on return list.

7. Report to the captain all trays that have not been returned, mark same on black board, with remarks, if any, before going off watch.

8. As we are often short of service tables it is strictly against the rules to leave any in the rooms when not in use.

9. Waiters on night watch must, between 11 and 12 p. m., pass through all the corridors and remove any tables, bottles or ware of any kind that might have been left there.

10. Never neglect to call at the proper time to remove the trays from rooms.

11. Always leave guest's room in order.

12. If guest requests mail, laundry, newspapers or packages, have these orders attended to at once and sent up by bell boys.

13. When receiving orders from guests wishing to be called in the morning, telephone such orders at once to the clerk in the main office.

14. All complaints regarding food or service must immediately be reported to the captain and maitre d'hotel.

* * *

Time required for cooking steak, chops, etc.

Porterhouse steak for two	30 minutes
Extra porterhouse steak for four	50 "
Small sirloin or tenderloin for one	15 "
Sirloin or tenderloin for two	20 "
Extra sirloin or Chateaubriand	35 "
Mutton chops (two per order)	15 "
English mutton chops (one per order)	25 "
Veal chops (any style to order)	20 "
Pork chops (any style to order)	25 "
Broiled, boiled or baked fish	20 "
Broiled chicken	30 "
Broiled club sausage	20 "
Hash, soft	10 "
Hash, browned	20 "
Squab chicken en casserole	40 "
Spring chicken en casserole	60 "
Roast saddle of lamb	60 "

In order to give satisfactory service it is absolutely necessary that each private stand waiter must read the Main Dining Room Rules. These rules will be explained to anyone not understanding them.

PALACE HOTEL COMPANY,
Per VICTOR REITER, Maitre d'hotel.

* * *

Main dining-room rules

1. When coming on watch sign your name in the time book. Neglecting to do so means loss of pay.

2. Particular attention should be paid to personal cleanliness.

3. Gambling is strictly prohibited anywhere in the hotel.

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4. Employes are not allowed to eat anywhere outside the Helps' Dining Room.

5. Make as little noise as possible when handling dishes, silverware, etc.

6. Handle with care all furniture, candlesticks, and ware.

7. Do not damage walls, woodwork, etc.

8. Never use chairs or furniture to stand on—use step ladder.

9. Never use table napkins for service—use special towels furnished for that purpose.

10. See that all soiled linen goes into the linen box or basket.

11. Never lay clean linen on a chair.

12. Tables given as turns must always be reset by the waiter who has waited on the last party.

13. Every waiter is held directly responsible for his work and all complaints in his station.

14. Never leave your place of duty or go off watch before asking the one in charge.

15. When a chair has been turned up or the sign "RESERVED" placed on a table in your station, see the one in charge about it immediately.

16. When an order has been given to be served at a certain time, be sure that it is never a moment later than the time mentioned—rather a few minutes sooner.

17. During meals, each waiter must assist his station partner, and always help one another in general.

18. Have no bread or silver ware on the table in advance, except when table is reserved.

19. At all times have only the required silverware on the table.

20. To avoid mistakes, every new waiter, without exception, immediately after having taken an order, show the same to the captain before serving.

21. When guests enter the dining room, always conduct them to a seat, should the one in charge not be close by.

22. Pay particular attention to the seating of guests.

23. You can never be too careful when taking an order; a great deal of trouble can be avoided by taking it properly.

24. When taking an order always recommend relishes, special dishes, and enquire whether cocktails, wines, etc., are wanted.

25. Transferring orders must be done in the pantry or kitchen, outside of the dining room.

26. Before turning the wine check over to the wine man or bus, be sure that it calls for what has been ordered.

27. Cocktails and appetizers (apperitifs) must always be on the table before any food is served. Never keep guests waiting for them. Waiter or his partner must get them immediately, if the wine man is busy.

28. For the main dining room and Laurel Court get all plain drinks and high balls through the wine man from the restaurant cupboard.

29. Get all mixed drinks and beer on draught from the bar.

30. Pay special attention to all bottled goods; handle every bottle with care. Wines containing sediment must not be shaken in the least; also being careful as to their right temperature.

31. Before removing the capsule, show the bottle with label exposed to the host.

32. Never tear the capsule, but cut the top off carefully before pulling the cork.

33. When a guest has refused to partake of a certain wine you are serving, remove that glass from the table; he will then be spared the trouble of refusing again.

34. Always remove all empty bottles from the guest's table, and take them directly to the pantry.

35. Return to the captain or wine man all wines or mineral waters left by the guests to be kept for them.

36. See that the guests are provided at all times with ice water, bread, butter, etc.

37. Always give silver knife with caviar or artichokes.

38. Serve hot bread, rolls or toasted crackers in a service napkin. Use no covers.

39. Always brush your table clean before serving dessert, even if only finger bowls are to be used. If table cloth is spotted, spread a clean napkin over it.

40. When serving cracked crab, artichokes, asparagus, new corn or other articles where guests use their fingers, a finger bowl must always follow and the guest's napkin changed.

41. Waiters wanting to finish their parties can do so, but must be on watch again at their regular time.

42. Never transfer an order when once started without the permission of the one in charge.

43. When collecting checks or returning change always use a cash tray.

44. Do not keep guests waiting for their checks.

45. When an order has been given in advance with the guest's name, room number or address, do not present the check for payment, but have it O. K.'d by the one in charge as soon as the party has left the dining room.

46. Each waiter must take his own charged checks to the office as soon as they are signed. Always see that the initials, name, room number or address is written plainly. Should a guest leave the hotel before the check is turned in the waiter who served the party would be subject to pay for the same.

47. All articles found, newspapers included, must immediately be handed to the captain.

48. Always have your station in order before going off watch.

49. All complaints must be reported to the maitre d'hotel.

50. When leaving the hotel all parcels must be opened on demand of timekeeper or any other authorized party.

With white bait serve thin graham bread sandwiches (order in bread pantry).

With roast domestic duck serve apple sauce.

With wild duck, serve currant jelly in sauce bowl, fried hominy on a napkin on a small platter, and lime on a side dish.

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Serve currant jelly with all broiled or roasted game, also with saddle of lamb.

Serve bread sauce with roasted grouse, pheasant and prairie chicken.

* * *

Afternoon tea

1. Always use, as much as possible, the regular tea service china ware.

2. To prevent delay, when an order has been given in advance, inquire immediately of each guest whether tea, coffee or chocolate is wanted.

3. When a guest wishes a second helping of tea always get a clean cup.

4. With every high-ball give a clean glass.

5. Waiters must carry their own dirty dishes behind the screen.

6. The tea and short watch waiters must all be on duty again at 3:00 p. m. No excuse will be accepted for tardiness. These same watches must remain on duty until after dinner.

7. In order to give satisfactory service every waiter and bus boy must read the Main Dining Room rules.

By order

VICTOR REITER, Maitre d'hotel.

* * *

Main dining-room

1. Serve all chafing dish orders in the same way as the large vol-au-vents. Place the plates on the guest's table, then remove the dish from the stand and pass it around to each, and if some is left in the dish it should be passed a second and even a third time.

2. Return to my office original copies of orders that were taken in advance, after they have been served.

3. Number 45 on the Main Dining Room rules must be strictly observed.

4. The wine-room and wine-busses will not be allowed to get any wine or drinks unless they are provided with the regular wine card filled out by the check writer.

5. When taking orders waiters are requested to write them directly on the regular check books, but when taking an order for another waiter they are allowed to use writing pads.

6. Fill all finger bowls in the pantry.

7. Oysters, fish, bananas, or anything else when fried in butter, should be served directly on the platter, without a napkin. For anything fried in lard use a napkin.

8. When setting up tables for lunch, place five rolls on the small tables and seven on the large ones.

9. At all times, and especially at lunch time, give your kitchen check to the check writer as soon as possible, so as to have it ready to present immediately after the finger-bowls. (For exceptions see paragraph 45 of the General Rules.)

10. After guests have been served, leave the platter on the table within their reach, so they can help themselves, should the waiter be otherwise engaged.

11. When black coffee has been ordered suggest that it can be served in the court; use any table there.

12. Use small cups for tea and large ones for coffee.

13. Serve mush, also scrambled eggs, in vegetable dish.

14. Hot cakes and waffles should be served on a large plate with a large "hot" plate extra for service.

15. Give a hot plate with coffee, tea or chocolate and rolls.

16. Keep your water bottles filled.

17. Always serve with caviar chopped onions on side dish and four small pieces of thin cut dry toast.

18. Serve in mush-bowls individually—
Canned fruit,
All stewed fruit,
Baked apples,
Sliced bananas,
Sliced oranges,
Apple dumpling,
Peach Melba,
Berries,
Dry cereals.

19. Serve shredded wheat biscuits on a platter in a service napkin, with an extra mush-bowl for service.

20. Serve on small plate—
Biscuit glace,
Biscuit Tortoni,
Charlotte Russe,
Babas and Savarins.

Special notice to busses

21. Be careful when removing dirty dishes from the service-tables not to remove platter containing eatables, unless told to by the waiter, as guests may desire another helping.

In order to give satisfactory service, every waiter and bus boy must read the Main Dining Room rules.

By order of

VICTOR REITER, Maitre d'hotel.

* * *

The banquet tables are of ingenious construction. The table tops are in sections, and the legs all have their tops pierced with pegs extending half an inch or so from the leg on both sides; and these legs fit into sockets in the table top as a key fits into the keyhole, and the turning of the leg in the socket locks it in.

* * *

At each checker's stand there is a board for keeping track of the waiters' names and numbers, and a diagram showing location of tables and the number of the waiter assigned to each particular table. The waiter's number (in the Palace and Fairmont Hotels), remains the same all the time he is employed; but it is up to the captain to change the tables, so that the waiter may not have the same table all the time.

At the private waiters' stand there is a bulletin which gives the bin numbers of the wines most called for; this is for convenience of the waiters.

The private waiter's table measures thirty-six by eighteen inches and is set up in units. Thus, a

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Waiters' Turn List —— BREAKFAST

TIME ON & OFF	NAME	ROOM	ROOM	ROOM	ROOM	ROOM
630-9.30	Jacquet	~~856~~	~~320~~	~~416~~	~~325~~	
6.30-	Miles	~~222~~	~~442~~	~~318~~	~~416~~	890

Unique method of keeping track of waiters employed for Rooms Service in the Palace and Fairmont Hotels, San Francisco.

table for two diners would be thirty-six by thirty-six inches, by placing the two units together. All tables for private waiter service are set up in the kitchen and taken up complete in the service elevator.

Dumb waiter service is not favored in the Palace or Fairmont Hotels. They believe that the best service is the way they do it; for it is more under the control of the maitre d'hotel and less liable to accident or delay.

* * *

We observed the novel method of keeping track of the private waiters. The captain has a book ruled similar to the illustration herewith. The ruling shows on the left hand page "Time on and off" in the first column, waiter's "name" in the second column, and the columns for the "assignments to rooms" extending across the folio page; thus, we illustrate the waiters' turn list for breakfast: The illustration shows that Jacquet went on duty at 6:30 and off duty at 9:30. He served orders in rooms 856, 320, 416 and 325. When a waiter is assigned, the room number is entered in the first vacant column opposite his name. When the order is served a ring is made around that number, and when the meal is finished and the table returned, a line is drawn across the room number figures, thus indicating that the service for that particular room is complete, and the table and tableware is returned. The next entry shows that Miles came to work at 6:30; that he has completed services in four rooms and has just been assigned to room 890, but has not yet started on the service elevator with his table.

The prevailing crime of wastefulness is rampant in a large number of American hotels. The good food wasted by prodigal patrons and by careless employes is a crying shame.

Hypocrisy in Service

One of the greatest lessons of The Master was that addressed to hypocrites who cleaned the outside of the cup, and left the inside polluted.

The lesson can be taken to heart in many hotels where the cleansing is done for outward show.

The writer once saw some beautifully clean tea and coffee pots in a hotel pantry; that is, clean so far as the exterior was concerned. But, upon examining the inside, there was dregs of a solution in which the pots had been dipped; this solution dirty, and of the kind to not only affect injuriously the health of those who drank of the beverages brewed in them, but also to spoil the taste of the beverages.

The pantryman had shirked his work. He had made the outside of the cup clean, and left the inside vile.

It illustrated hypocrisy in service.

The hotel manager must needs have the senses of sight, smell, taste, and touch highly developed to discover the shirkers and bluffers in his employ.

Some of the best lessons in catering are learned from the comebacks.

Catering is the science of feeding rationally and economically human beings of discriminating tastes.

In catering the object is to please the palates of those for whom you cater, rather than your own. Find out what the people like.

A noted French cook is quoted in cable dispatches as bewailing the lack of appreciation of French cookery. "People are in too much of a hurry to consider what they eat," he says. Maybe the real reason is, that people nowadays are appreciating the natural taste of foods, rather than the creations of hash-like mixtures masked with a classic sauce.

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A Spanish-Mexican Barbecue

Saturday, April 16, 1910, was Early California day. Special cars took the H. M. M. B. A. excursionists to the grounds of the Vaquero Club, organized by a few Los Angeles men and women as a riding club. Its object is "to promote good fellowship and good horsemanship, and to perpetuate the early California day and the Vaquero days when the hand of welcome was extended to the Americans who crossed the plains to the Golden State." . . . The entertainers were in Spanish, Mexican and cowboy garb. The entertainment consisted mainly of feats of horsemanship, broncho busting, spearing the ring, rough riding and expert rope tossing.

. . . Then came the Spanish-Mexican barbecue: the meat cooked in three pits, one for the beef, another for the mutton and a third for the bulls' heads. The cooking of the tamales, chilis, beans, tortilla bread and other components of the menu was done in the open air in full view of the visitors. Chef Joe Romero is an authority on Spanish and Mexican cookery and has prepared most of the great feasts of this kind in Southern California during the last twenty-five years.

The bulls' head course was served from the last of the barbecue pits to be uncovered. They are a great delicacy. Said Chef Romero: "At the bull fights, when the bull is killed, his head is cooked and eaten, and is the greatest delicacy known to the Spaniard and Mexican." The bulls' heads in Romero's barbecue pit were cooked so tender that the meat just fell from the bones. Six heads were cooked for this particular barbecue. This was the menu:

MENUDO

Carne tatemada—(barbecue beef).
Borrego rellena—(barbecue lamb, Spanish dressing).
Frijole del pais—(beans Spanish).
Carne con chile—(meat with chile).
Cabesa tademada—(bull heads).
Tamales Calientes—(hot tamales).
Fri pas de leche.
Sarza de chile verde—(green chile sauce).
Sarza chile Colorado—(red chile).
Ensaladas.
Lechugas.
Berros.
Ensaladas de papas a la moda del pais.
Tata huila beve leche con pinole—(Pinole and milk).
Puchitas—(Mexican nic naes).
Agua apollinaris.

A steward who understands buying and the catering economies better than he does English grammar, said, speaking of his marketing: "There ain't nothing in bargain stuff."

A Genuine Atlanta Barbecue

A notable catering event was the H. M. M. B. A. barbecue in Atlanta, at the Cold Springs Cue Club grounds: the preparing and serving of the feast directed by H. C. Stockdell. Tables were laid in an open pavilion. The cooking was done under a shingle roofed structure open on all sides, located under the trees only a few steps from the pavilion; and the unctuous smell from the steaming pots and roasting carcasses permeated the dining room, giving zest to appetite. A description of the preparing and serving of this barbecue will surely interest our readers.

The fire covered the bottom of a brick lined pit fifty feet long, by four feet wide, by eighteen inches deep. It was constantly replenished with live coals from hickory and oak wood bonfires near at hand. The cooking is very slow.

For this barbecue, twenty-four carcasses were cooked at one time (about equally divided between sheep and hogs, each carcass weighing about forty pounds). The carcasses are dressed, and each is kept flat by two sapling sticks; one across the breast fastened near the knee joints; the other across the middle of the split open carcass.

Two steel rods, each about seven feet long by half an inch in diameter, skewer each carcass lengthwise. And these rods, supporting the carcasses, are placed crosswise of the pit, so that the carcasses are suspended about eighteen inches over the fire.

The cooking began at four o'clock in the morning, and two negroes were kept busy for nine hours turning and basting. The turning is done with a man on each side taking the rods as handles and turning the carcasses over, one after the other, for the length of the pit, and basting according to judgment.

The basting liquor is made of sliced lemons, vinegar and sweet milk—either boil the milk and add the vinegar, or boil the vinegar and add the milk—the quantities of the ingredients governed according to the taste of the cook. The basting is mostly done toward the end of the cooking.

For serving: The carcasses are brought to a bench at one end of the pit and the cooks chop them up with cleavers into portion pieces, which are put in tin pans. Over each filled pan is strained a little of the basting liquor; and then the pans and contents are placed on rods over the fire to keep warm until ready to serve.

The meat is brought to table in the pans and dished onto china plates, mutton or pork as the guest desires. And the healthy appetite welcomes as fine a dish of meat as was ever set before a king!

Meanwhile there is another savory dish—the Brunswick Stew—that is cooked in a smaller pavilion on the far side of the barbecue pit. This

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Brunswick Stew is the chef d'oeuvre of the feast, the capsheaf of good eating. Mr. Stockdell, who originated these Atlanta barbecues, and who has superintended their preparation since the first one was given in 1891 (having served 225,000 meals on the club grounds since that time), kindly gave us the receipt for its making:

Two twenty-gallon kettles filled with rich soup stock made from 100 lbs. of chickens, cooked well done.

Remove the bones; run the meat thru a sausage grinder; then put it back into the stock with 2 doz. three lb. cans of tomatoes; 2 doz. three lb. cans of corn; 5 gal. of milk, and 10 lbs. of butter.

Start the cooking at five o'clock in the morning; stir constantly for about eight hours, or until ready to serve. Season to taste with salt and pepper. Dish up in tin pans and serve.

"If you want this stew for the family," said Mr. Stockdell, "take one chicken, one can of tomatoes, one can of corn, milk, butter. If the tomatoes have too much acid, so as to curdle the milk, you can avoid the curdling by adding a pinch or two of soda. I cannot give you directions how to secure just the right taste in seasoning. That is left solely to the genius and judgment of the cook."

There are other kettles for the basting sauce. The relishes consisted of sliced Bermuda onions, green peppers and quartered tomatoes. Water and (near) beer sufficed for the beverages.

After the feast a dish of the kidneys was passed around as the final delectable mouthful.

The Quick Service at Norris

Correspondence from Yellowstone National Park, August, 1912

More people are fed in a given time at Norris Lunch Station than at any other place in the park. It is one meal a day only and runs from 11:30 to 2:30. The bill of fare is the same every day. And it is as good eating as there is in the park. The day we were there 340 people were served by 15 waitresses. We were told that some days more than 500 are served. General Manager Everett invited us behind the scenes to see how they do it:

The system is down to a fine point. The kitchen is small, but compact. Three people were apparently doing all the work of carving and dishing up and garnishing.

The dining room tables are eight-seat. There is a waitress for each table. She keeps it ready set for each sitting with relishes, breads, salads and cold meats.

The lunches are served in courses. So soon as guests are seated the waitress goes to the kitchen for the soup. She is given a tureen holding eight portions. This is placed on an aluminum tray with eight hot soup plates. She takes this to her station in the dining room and dishes from the tureen into the soup plates. The tureens are returned to the kitchen, and she calls for eight dinners (or for as many as may be seated at her table). Meanwhile the carver and disher-up are busily filling plates with the meat and vegetables and decorating with the bit of garnish. The plates are placed on trays, inspected, and served.

The urns are in the dining room and the beverages are served quickly to order. The dessert is also to order, with choice of pudding or pie.

Patrons enter the dining room from the lobby, tickets taken up at the door, and they leave the dining room by side entrance to the coach landing. It takes less than half an hour to a sitting including all the work of clearing the tables and resetting.

In the kitchen there are abundant facilities for hot plates. We enquired of one of the kitchen men if there was much come-back. "Not enuf to feed one bear," he replied.

Table d'Hote-a la Carte Card

In Hotel Maryland (Milwaukee) the dinner menu and the à la carte bill are printed on the same-sized card and list exactly the same dishes each day. The only difference between them is that the table d'hote dinner card is headed "Seventy-five Cents," and can be ordered from without restriction; while the à la carte card has every item priced separated, so the diner can order from it and pay for only what he orders.

Said Mr. Hadfield: "With the à la carte card there is no waste. The person who orders from it is careful to select only according to appetite or purse; and the checks from the à la carte card average much less than the seventy-five cents charged for dinner from the unrestricted menu. But I make more profit from the à la carte checks than from the table d'hote meals. I have given this matter close study and figured it out that the person who orders from the unrestricted card is very apt to order more than he needs; and if you foot up the items he orders, as priced on the à la carte bill, it will average much more than seventy-five cents. But the rational eater can (and does), from the à la carte bill, order a satisfying dinner that usually costs him less than if he ordered from the unrestricted card."

Bad cooking means waste at table.

Cultivate the art of salad making.

The better the food the less the waste.

Much pure food is spoiled in vile kitchens.

Acquire the "know how" in your business.

Try ever so hard to stop the waste of good food.

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DUAL PLAN: A COMPARISON

Extracts from a Paper Read by Geo. O. Taylor of Hotel Ruffner, Charleston, Before the West Virginia Hotel-keepers' Association.

[At the time Mr. Taylor delivered this address he conducted the Ruffner on the dual plan. Since that time he has changed it to European plan only.]

* * * The subject of supplies you all should be familiar with, as the most of you have been in business long enough to know what to buy and how to buy.

As to the dual plan, I know very little about it. Only during the past year have I engaged in it. The dual plan was first introduced into West Virginia by Mr. Gazley at the Waldo, Clarksburg. Before its introduction in this state we hotel keepers had been living a quiet and peaceful life, giving the poor traveling man as little as we could and charging him all we could get. The next one to try the dual plan was A. C. Lawrence at the Hotel Kanawha, in this city; next L. E. Smith followed in the footsteps of Lawrence; the next one was myself, and then "Dick" O'Neal in the Frederic at Huntington. The only wise one in the bunch was E. B. Carney at the Hotel Windsor at Wheeling, when he cut out the American plan and went on the European plan exclusively.

To me the dual plan is a Dr. Jekyll and Mr. Hyde business. As the Irishman says, it is "nayther haer nur thair," and reminds me of the story of an old nigger mammy who said, "Massa John, I am gwine to get divorcement." "Why Angelina! Why are you going to get a divorce?" "Massa John, I'se jus' natchully los' my taste fur dat man." And that is the way with me—I have naturally lost my taste for the hotel business on the dual plan; *it must be one or the other.*

Now, take a house count of 102 people, 59 on the American plan and 43 on the European plan. The total house count would make you a profit on either plan: but divided you are losing money on the American plan and not making enough on the European to make up the loss on the American plan. The rooms American plan average you for room and board $2.84; on the European plan rooms alone $1.63. The cost per capita American plan for the raw material on the house count given is 57 cents; the average price, 75 cents per meal, leaves you 18 cents for your cooks, waiters, rent, insurance, light, water, etc. Is there anything in it? On the European plan per capita per meal is 28 cents, receipts 62 cents, showing a profit of fifty per cent for your fixed charges. Now put it all on the European plan and the per cent will be more.

Mr. Taylor then presented figures showing

AMERICAN PLAN EXHIBIT

DATE NOV	LODGING LEFT	LODGING ARRIVED	BREAKFAST	LEFT	ARRIVED	DINNER	LEFT	ARRIVED	SUPPER	TOTAL MEALS	ISSUES	PER CAPITA COST
26	42	0	30	5	7	32	8	24	48	119	64 94	55
27	59	1	51	23	36	64	22	86	128	252	94 23	37
28	95	1	69	27	16	58	26	26	58	194	82 70	43
29	47	2	41	13	10	38	15	11	34	122	70 30	57

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EUROPEAN PLAN EXHIBIT

DATE NOV	TRANSIENTS	ROOMS AVERAGED	ISSUES	PEOPLE SERVED	RECEIPTS	PER CAPITA COST	PER CAPITA RECEIPTS
26	39	1 62	19 00	65	51 90		
27	43	1 58	31 39	96	70 65		
28	60	1 56	34 62	94	86 60		
29	42	1 60	21 27	49	31 30		
	Total		106 28	304	240 45	35	79

four days' actual business at the Ruffner on the dual plan, separating the American from the European plan figures.

[To make his remarks on this point more clear we have put them in tabulated form, separating the different items, so as to be more readily seen. See illustrations.]

Note the tabulation of the American plan exhibit for November 26: Forty-two in the house overnight, 12 left before breakfast, no arrivals before breakfast, only 30 for breakfast; 5 left before dinner, 7 arrived before dinner, only 32 for dinner; 8 left before supper, 24 arrived before supper, 48 for supper: a total of 119 meals served. The issues cost $64.94.....119 divided into 64.94 shows a quotient of 55 cents per capita for feeding.....Note: The figures 119 meals served instead of 110 (actual summing up of the three meals) mean that nine meals are added for day boarders. This nine extra appears in the illustration in the "total meals" footings for all of the days.

* * *

Now note the European plan exhibit: On the 26th, 39 people in the room overnight. The rooms averaged $1.62; the issues cost $19; the number of people served in the restaurant 65; the restaurant receipts $51.90.

The total of four days shows issues $106.28; 304 people received; receipts $240.45; per capita on cost 35 cents; per capita on receipts 79 cents.

* * *

Take a loin of beef weighing 50 pounds, costing 12½ cents per pound, $6.25; cut it into steaks for the American plan and you have twenty sirloin steaks, twelve tenderloin and twenty-four round steaks; or a forty-nine-pound loin, costing $6.13, cuts 11½ pounds bone, 4 pounds tenderloin, 15 pounds round, 5½ pounds sirloin, 9 pounds helps' meat, and 3 pounds suet.

Mr. Taylor next dissected bills of fare of the Kanawha and Ruffner Hotels, taking cards from which guests had ordered, and counted the cost of the raw material to supply actual orders as checked off from these bills of fare. One of these (an exhibit from the Kanawha) was:

Blue point cocktail, cost 3c.; salted almonds, 2c.; green sea turtle soup, 3c.; celery, 3c.; olives, pin money pickles, cucumbers, 5c.; boiled Philadelphia capon, 5c.; fresh lobster, Newberg, in pattie, 8c.; peach meringue au maraschino, 3c.; New York cider, 1c.; cardinal punch, champagne wafers, 2c.; mashed potatoes, cauliflower in cream, 5c.; baked young turkey stuffed, cranberry sauce, asparagus tips on toast, 8c.; brussel sprouts, 5c.; English plum pudding, 5c.; lemon eclairs, 2c.; bisque ice cream, 5c.; roquefort cheese, 2c.; cafe noir, 2c. This makes a total of 69c., and adding 8c. for the service, makes a total of 77c.

Another in these (an exhibit from the Ruffner) was: Caviar on toast 6c.; Mojack Bay oysters, 4c.; planked white fish, brown butter, 5c.; sliced cucumbers, 5c.; prime ribs of beef au jus, 10c.; green peas, 2c.; roast young turkey with dressing, cranberry sauce, 8c.; stuffed young pig, apple sauce, 5c.; browned sweet potatoes, 3c.; Thanksgiving punch, 2c.; fried rabbit, country style, cream gravy, 4c.; lobster mayonnaise, 12c.; steamed plum pudding, 4c.; hot mince pie, 3c.; nesselrode ice cream, 4c.; charlotte russe, 4c.; roquefort cheese, 2c.; tea, 3c. This figures up 86c., and the service, 8c., makes a total of 94c, at the lowest possible cost.

Mr. Taylor also read off several orders from breakfast and supper bills of fare, showing the same extravagance of the guest and the wastefulness and loss for the hotel.

Mr. Taylor also took up the matter of shrinkage in supplies between purchasing in the market and serving on the table. For illustration he took a turkey; weighed it alive; killed it and drained out the blood and weighed it again; took off its feathers and weighed it again; cut

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off its head and feet and weighed it again; then dressed it and weighed it again, and then figured up what the meat cost per pound.

Loss on fat turkey in dressing, dry picked:

Live weight, 14 lbs. 13 oz.

Weight after bleeding, 14 lbs. 4 oz.; loss, 3 4-5 per cent.

Weight after picking, 13 lbs. 6 oz.; loss, 9¾ per cent.

Weight after cutting head and feet, 12 lbs. 6 oz.; loss 16½ per cent.

Weight after full dressed, 10 lbs. 11 oz.; loss 27 6-7 per cent.

Weight after freezing sixty days, 10 lbs. 4 oz.; loss 30 4-5 per cent.

Live weight 14 lbs. 13 oz., at 12 cents per pound, cost $1.78; full dressed, ready for the oven, cost about 17 cents per pound.

Now, gentlemen, you can test out what it is costing you even on canned fruit for dessert. Two of the best hotel men in the country did these things, and one amassed a fortune of over a million dollars by his close attention to the little details and economies in the kitchen.

Do not be afraid to go in the kitchen. Watch the back door and not push the bar so much, and you will come out better at the end of the year.

The Essence of Hospitality

The essence of hospitality is to break bread and drink wine in fellowship. The pleasure of business is largely in buyer and seller eating and drinking together as friends. The enjoyment of life depends in great measure on the pleasures of the table; the relishing day by day, from infancy to old age, of the nutritious foods and drinks that Mother Nature provides for our rational use. There is a whole lot in life besides eating and drinking; but, without fuel in the body, life itself is impossible. In the great scheme of creation, nutrition is uppermost. And, in the highest civilizations, from the hut of the peasant to the palace of the king, there comes with the daily meal a thankfulness for the sustenance and the enjoyment it brings.

"Or" on Menu Means "Prevent Waste"

That little word "or" sandwiched in the table d'hote and American plan means, does not mean that the hotelkeeper is stingy, but that the diner is expected to order without entailing waste of good food. When the word "or" appears on the menu as affording a choice of dishes, the portions served are supposed to be larger than obtained without this restriction or limitation. It has been demonstrated in many hotels that patrons can be served better meals, and more economically, when there is a limitation put upon the number of dishes that may be ordered for a stated price per meal.

For world-wide importance there is no business that takes precedence of the feeding business.

Introduction of machinery into the kitchens has cut down the scullery work one-half in the last ten years.

The brainiest people use the simplest language. Let your bill of fare reflect brains. Print it in the simplest language.

Every steward and chef should understand how to provide the balanced ration; which means, how to properly compile a table d'hote menu.

Carving, the old time gentleman's art, should be mastered by everyone aspiring to the position of steward. It takes a smart man to become a skillful carver.

In a well ordered hotel neither the clerk, nor the cook, nor any employe is permitted to smoke or chew tobacco while on duty. Gum chewing also is tabooed.

A steward who believes that the best work can be done with the least noise, said: "I am particular to have silence in the kitchen, so that the caller can be heard and the answer can be heard distinctly. The noisy kitchen is prolific of mistakes between the waiters and the cooks."

The management of a hotel that once a year or oftener pays the expenses of its steward, headwaiter and chef, for a tour of inspection of the service of other hotels, with the object of bettering the home service invariably accomplishes this end.

A prominent chef who, by invitation, addressed the Chicago Stewards' Club, advocated equipping kitchens with more labor saving devices. "It cuts down the hands and expedites the work" he said. "It is better for the proprietor, the cooks, and the patrons, when unskilled labor in the kitchen is reduced to the minimum."

"Keep veal off the bill of fare," said Mr. Mars, of Kansas City, at the Missouri-Kansas-Oklahoma convention. He voiced the most likely solution of the high price of beef problem. Farmers won't kill calves if there is no market for veal. Let the calves grow into beef, and make beef more plentiful. Then there won't be any necessity for importing beef from Argentine.

Strange how delicacies are born. Many of the popular foods of today were scarcely known a few years ago. On the Pacific coast, for instance, the sanddab, now a most popular delicacy in the fish line, was, less than thirty years ago, looked upon as a vermin fish, unfit for human food. The tomato, now of practically universal consumption, was almost unknown to our grandparents. The great big baked potato, which Titus has made famous on the Northern Pacific, was used for hog feed up to ten years ago. And so it is with many other things now flooding the markets that a few years ago were not even dreamed of as likely food staples.

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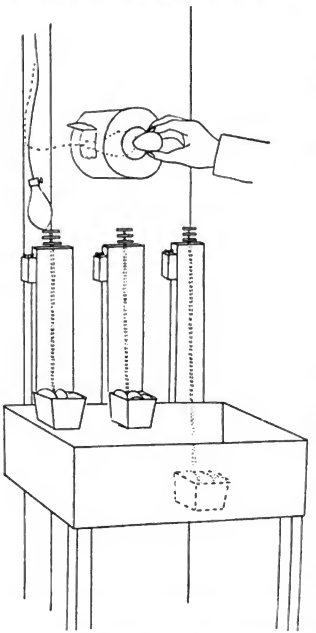
Home Made Egg Candling Device

In the kitchen of the Tulane, we noticed one of the cleverest home-made devices for improving the egg cookery service that we have yet seen. It is the invention of Steward Arthur L. Barker. On a post directly over the egg boiler he has fastened



a gallon tomato can with a hole about three inches in diameter in the exposed end, and a space cut out from the side of the can large enough to admit an incandescent bulb, the flap of tin bent upward to shade the bulb. Suspended alongside the can is an incandescent light. When a waiter gets an order for boiled eggs, he inserts the bulb in the can at the side aperture, turns on the light, picks an egg from a basket to the right of the egg boiler, holds it in front of the round hole in the end of the can, and candles it with the aid of the incandescent light behind the hole. If the egg is not good, it is passed to a basket to the left of the boiler; if it is good, it goes into the boiler. The accompanying rough drawing will, perhaps, give a better idea of this unique egg-candling device.

Garde Manger Work Table in Hotel Rome.

The most ingenious article of kitchen equipment is the work table for the garde manger. This is built as shown (end view) in the accompanying crude illustration, the explanation of which can, perhaps, be best made with a key of figures:

"1" is where the cook works.

"2" where the waiter comes to fill his tray.

The table is built to expedite the work of both cook and waiter. The main table is partitioned off in the center with dead board "3," so that the cook's work table, "4," to the right, and the waiters' tray rest, "5," to the left, are separated with dead board partition.

Under the cook's table is a drawer, "6."

"7" is an open space, front and ends, with only supporting posts for the shelf above.

The shelf, "8," extends a short distance out over the cook's work table, and is the common slide for the cook to pass what the waiter asks for out to him, as cold meats, oysters, salads, etc. The space between this and the top shelf, "9," is all open except for the supports.

The top shelf is used by the cook for his garnishings, fixings, etc., and is shielded from the waiter by the dead board partition "10." In this way the waiter can only take such things as the cook passes to him, and the cook has complete control of his own work and service.

"11" is a swill pail, kept under the table for the use of the cook.

How Fabacher's Creole Gumbo Soup Is Made

In the center of Fabacher's (New Orleans) kitchen is a group of big kettles, and from the largest of them, a forty-gallon vessel, came an appetizing odor that brought from the writer a few leading questions. Chef Munz said that in this kettle he was making the famous Creole Gumbo Soup, for which the house is known, and that he made a big kettleful every day. This soup he starts with a roux foundation of ham, bacon, tomatoes, and flour. The ingredients consist principally of:

4 gallons of oysters.
3 dozen crabs.
1 gallon of shrimps.
2 gallons of tomatoes.
4 gallons of okra.
3 gallons of chicken necks and wings.
10 ham bones, a quantity of rice and some other articles that we forget.

He said there is no beef used in it.

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CHEF SEYL'S SECRET

The Palmer House, Chicago, is noted for the general excellence of its cuisine, and, in particular, for the superior service in the way of vegetables. One can always depend upon what he orders at the Palmer. It will come to table like he had it in that hotel before, and he will always enjoy it, provided he is capable of enjoying properly cooked foods.

The convention of the Vegetable Growers of America in Chicago last month prompted us to interview Joseph Seyl, chef of the Palmer House, who has held this position more than forty years, and to learn from him the secret of the uniform quality of the Palmer House cuisine.

Mr. Seyl is seventy-five years of age. He loves his work. He is on duty every day, and supervises the big kitchen of the hotel with the same activity and spirit that has always characterized him.

"What is the secret?" he answered to our enquiry. "It is paying attention to the smallest thing. We cannot please continuously, except all the work of the kitchen is done conscientiously. The vegetables receive equal attention with the meats. Our success is in great measure due to so few changes among the employes. We have vegetable girls who have been employed here a long time. They know their duties thoroly, and the work is done right. It is not good policy to have many changes among the employes.

"Vegetables are scarce. They tell me it is due to dry season and other causes. The vegetable growers naturally want to produce the finest crops, but they are handicapped by weather, insect pests and other drawbacks that they have to contend with. This year we have very poor turnips, and not much cabbage. In fact, everything seems short.

"We sell a great many vegetables, in particular potatoes, cabbage, spinach, string beans, sweet potatoes, peas, asparagus and cauliflower. There is not much call for turnips, carrots, parsnips, oyster plant, egg plant.

"Yes, people eat altogether too much meat. It would be better for them if they ate more vegetables. There is no good excuse for eating meat three times a day. Everybody eats vegetables; everybody likes them, and we should see that they get them in the best possible manner.

"Yes, vegetable dinners are popular; but they should be served in a different way from what is now customary. They should be entirely separate, each kind of vegetable from the other, when served at table. I like the use of the large platter with several compartments; that keeps the vegetables properly separated."

Mr. Seyl, notwithstanding his age, is hearty, active, clear-eyed, and his cheeks have the glow of health. We asked him regarding his own food and habits of eating. He said: "I am moderate in my eating. I eat very little meat and never more than once a day. For breakfast I usually have one small rasher of bacon and one egg. I am fond of soup, rice, potatoes, and most vegetables."

Increasing the business of a country hotel

Chas. G. Moore, The Windermere, Chicago:—When motoring to Lake Geneva, the other day, needed repairs to the machine caused my wife and I to stop over night at the Woodstock Hotel in Woodstock, Ill. The room to which we were assigned was inexpensively furnished, but very clean. When we entered the dining room for supper the waitress called off steak, ham and eggs, and the usual country hotel selection when offered without printed menu. We ordered steak. It came to table in very appetizing way, the meat of extra good quality and cooked to perfection. We were asked during the meal if we required more of this or that which had been ordered. For breakfast the same selection was offered.

We were so pleased with the cuisine that, on our return journey, we stopped for another meal; and again the same selection was offered. This prompted me to get acquainted with the proprietor. I asked her how she could afford to serve such good meals for fifty cents, and why the menu was always the same? She replied that she had an arrangement with a neighboring butcher to supply her with cuts of a certain size, kind, and quality; that he carried them for her at call; that she carried a minimum of supplies in her larder; and that by selling good meals, she brought compliments and trade. Her house is nearly always full. The same menu, served to transients, seemed to give general satisfaction.

I went out into her kitchen. Everything was spotlessly clean. She prepares the meals to order, and does not confine to regular meal hours. It is this catering to accommodate the traveling public that is bringing to the Woodstock Hotel more business than to the average country hotel similarly located. The proprietor's name is Mrs. Caldwell.

The chef who smokes in the kitchen sets a bad example for his assistants.

The loquacious employe wastes the time of himself and his fellow employes.

It is the waste of spoiled food that makes the unskilled cook expensive to employ.

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TO POPULARIZE VEGETABLES

Address read before the Vegetable Growers' Association of America.

The growers of vegetables should be very much interested in the crusade to popularize vegetables on hotel and restaurant bills of fare, and in the efforts to obtain a more careful preparation and more appetizing service of vegetables in public dining rooms.

There is no other influence so potent for popularizing vegetables as that of the caterer who serves them at table for a price. He puts vegetables in competition with meat dishes. He, by giving particular attention to vegetables, can greatly increase their sale in public dining rooms; and, indirectly, their consumption in the homes of the people; since the hotel and restaurant cooking, especially of the more appetizing and tasty dishes, is copied in the homes.

Heretofore, vegetables served in the public dining rooms have, as a rule, been neglected. Their preparation has been entrusted to the lower classes of kitchen help, and the skilled cooks have devoted their chief attention to meats.

The present high prices of meats, and, for that matter, of most foods, has necessitated a wider selection and a more general use of the humbler vegetables. And the wholesome and nutritious vegetables have only to be properly introduced to consumers to give them the welcome reception they are entitled to.

In Chicago, at the present time, nearly every public dining room of consequence lists on its bill of fare a "vegetable dinner." This is a big step toward popularizing vegetables, but is not altogether satisfactory, because the manner of serving gives the idea, most generally, of a vegetable hash.

What is needed is for the vegetables to be prepared separately; to be served separately, and to permit the enjoyment of the peculiar flavor of each separate vegetable.

Hazen J. Titus, superintendent of the Northern Pacific dining car system, has done wonders with great big potatoes, which, only a few years ago, were served to hogs. These he uses hundreds of tons of every year, serving them in appetizing manner on the dining cars as an advertisement. Several other big dining car systems have followed suit, specializing baked potatoes. These are in direct competition with meats.

There is equal opportunity for the specializing of squashes of various kinds, carrots, parsnips, peas, beans, lettuce, onions; in fact, the entire gamut of the vegetable kingdom.

Several years ago I had occasion to search for a cook book devoted to vegetables, and was unable to find one in print. It occurred to me that such a book could be most valuable in varying the menu; steering people away from the excess of meats, and substitute, in great measure, the vegetables that make for good health. So I asked an expert on vegetable preparation to write a book on the subject. He did so, and this book today is doing a great missionary work in hotels and restaurants. It is hoped to extend this influence more directly to families, who are now only indirectly benefited from it.

The vegetable grower is not a vegetarian, any more than the cattle raiser is, nor does he preach vegetarianism. He enjoys meats, as do practically all robust, full-blooded people; but this is no reason why he, or any one, should live largely on meats when the soil is so prolific of nutritious vegetable foods.

A first-class workman is handicapped with makeshift tools.

The honest employe is not afraid of a checking system.

A dish of good meat is often spoiled with a poor sauce.

The dish of hifalutin' name seldom satisfies the hearty eater.

Feature more of the nourishing foods and less of the delicacies.

Cold is of equal importance with heat in modern kitchen economics.

A satisfactory mechanical cold storage plant is a good investment.

Only by eye-service can kitchen and dining room waste be minimized.

The mouthy employe is out of place in a good hotel, front or back.

Mongrel French has almost entirely disappeared from the menu cards.

The loquacious employe wastes the time of himself and his fellow employes.

No first class hotel will tolerate an employe who is scurrilous in his speech.

The main object of a checking system is to eliminate the grafter and the thief.

The real cost of high living
E X T R A V A G A N C E

A tour of observation of other hotels in other cities once in a while is good for the manager, clerk, steward, headwaiter and chef.

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The Hotel Monthly Handbooks

Also other technical books, forming a selected library of the standard works of reference for the hotel and catering trades

I receive so many letters of inquiry regarding culinary and other books of instructive value for hotel and catering trades that I have prepared this catalog for the purpose of answering in concise manner a large number of these requests for information. The books herein described are the ones that have secured recognition from fitness and service they have tendered to those who have consulted their pages. Taken as a whole, the list of books herewith described forms a fairly complete hotel reference library.

A Selection of Dishes and the Chef's Reminder: The book that has met with the largest sale and is in most demand from managers, stewards and cooks is "A Selection of Dishes and the Chef's Reminder," by Chas. Fellows. This book is in vest pocket form, the leaf 3½ by 6½ inches, 220 pages, and is the most complete and serviceable pocket reference book to culinary matters that has ever been published. It is not a cook book, in the general sense of the word, but is full of ideas and suggestions regarding bill-of-fare dishes. Chapters are devoted to entrees of all kinds, salads, soups, consommes, fish and their sauces, sauces in general, garnishes, fancy potatoes, miscellaneous recipes, hints to cooks and stewards, suggestions for breakfast, lunch and supper dishes, chafing dish cookery, menus, and a pronouncing glossary of culinary terms. Hundreds of the dishes listed are given with their bill-of-fare names only, as the cooks understand the basic work in preparing the dishes, and the sauces and garnishes are treated separately, with information as to their component parts. Thousands of men who possess a copy of this book say it is their greatest help. The book is printed on bond paper and bound in flexible leather cover. Price, $1.

The Culinary Handbook, by Chas Fellows, is an elaboration of his "Selection of Dishes and Chef's Reminder," and presents in concise form information regarding the preparation and service of nearly 4,000 different bill-of-fare dishes; also gives much information of encyclopedic nature regarding foods of all kinds. Quick reference to every dish described is facilitated with an index of 39 columns arranged in alphabetical order, and cross indexed, so that no matter what one is looking for, all he has to do is to find the initial letter and under it, in alphabetical order, for second, third and fourth letters, etc., the article wanted, with page on which it is found. Referring, for instance, to a sauce of any particular kind: Find the word Sauce in the index, and under it will be found in alphabetical order 149 different sauces: and under Salads, 71 different kinds, exclusive of the variations in making. Under head of Sausage there are 45 different kinds described, with directions for making as well as cooking and serving. In fact, the sausage information in this book is more complete then in any other published. The book contains 190 pages, the leaf 6 by 9 inches, the paper a strong white bond, bound in stout leather cover. Price $2

Fellows' Menu Maker is the only book devoted to this branch of the catering business, and is the last of the successful ready reference books compiled by Chas. Fellows, author of "A Selection of Dishes and the Chef's Reminder," and "The Culinary Handbook." In this book Mr. Fellows has compiled in concise form thousands of suggestions for daily changes on the bills-of-fare, both American and European plan, for breakfast, luncheon and dinner cards, and so arranged as to give popular changes from day to day to give acceptable variety. These changes include soups, fish, boildes, entrees, roasts, and specials. In their presentation he starts with typical bills-of-fare, and the changes are such as might be made in these bills from day to day. Also he has presented a chapter entitled "Suggestions for Specials for the Day," in which the dishes are priced, and underlined with brief information regarding their composition. Also, he submits several sample menus for business lunches, banquets, and small party dinners, and one very serviceable feature of the book is a list of the most popular dishes, as soups, fish, boiled meats, roasts and entrees. The book is supplemented with 110 pages of sample menus and bills-of-fare, several of them photographic reproductions, and representing the cards of hotels and restaurants of both first and second class, lunch rooms, transportation catering menus, club menus, wine list, caterer's list, and several illustrations of glass, china and silverwares and banquet scenes. The book is thoroughly indexed. It is printed on a fine quality of paper, the page 6 by 9 inches, and the cover of gold cloth. Price $2.

The Lunch Room, by Paul Richards, is the newest of the culinary books and bids fair to become one of the most popular ever produced. In writing this book Mr. Richards covered all branches of the business. In its pages can be found lunch room plans; illustrations of equipment; chapters on management, salesmanship and bookkeeping; suggestions for bills-of-fare; reproduction of articles from technical journals relating to lunch room, and about 2,000 recipes for lunch room dishes. It is a complete guide to making and marketing lunch room foods and beverages. The book is of particular value, not alone to those who operate lunch rooms, but to hotelkeepers who may consider the advisability of putting in a lunch room in connection with their business; a departure that has become very general since so many country hotels are changing to modified American or European plan, the lunch room being the stepping stone to the change. The book is printed on fine quality of paper and strongly bound. Price $2.

Paul Richards' Pastry Book is the title in brief of "Paul Richards' Book of Breads, Cakes, Pastries, Ices and Sweetmeats, Especially Adapted for Hotel and Catering Purposes." The author is known as one of the most skillful all around bakers, pastry cooks and confectioners in America, and has demonstrated the quality of his work in leading hotels, both east and west. In writing this book he took particular pains to have the recipes reliable and worded in such simple fashion that all who read them may readily understand and work from them. The book is in seven parts. Part I is devoted to fruit jellies and preserves; jams, jellies, compotes and syrups; preserved crushed fruits for sherbets and ices; preserving pie fruits; sugar boiling degrees; colors. Part II, pastry and pie making, pastes and fillings; pastry creams, patty cases, tarts and tartlets; icings; Part III, cake baking; Part IV, puddings and sauces; Part V, ice creams, ices, punches, etc.; Part VI, breads, rolls, buns, etc.; Part VII, candy making and miscellaneous recipes; bread economies in hotel; caterer's price list. The recipes are readily found with the aid of 36 columns of index and cross index in the back of the book, this index forming in itself a complete directory, so to speak, of breads, pastry, ices and sugar foods. The book is printed on Scotch linen ledger paper, the page 6 by 9 inches, 168 pages, hand sewed, strongly bound in buff leather. Price, $2.

"Pastry for the Restaurant," by Paul Richards. A collection of recipes compiled especially for hotels of the European plan, in particular, portion pieces to sell for a price. French pastry is featured. The book gives practically every pastry and dessert dish that can consistently be placed on an à la carte bill of fare; includes breads, rolls, cakes, pies, puddings, jams, ices and specialties. The book is indexed and cross indexed, affording ready reference. It is in vest pocket form, printed on bond paper, bound in flexible leather, price $1.00.

The Book of Sauces, by C. Herman Senn, author of Practical Gastronomy and the Twentieth Century Cookery Book. Mr. Senn has compiled something like five hundred recipes for sauces of all kinds, meat, poultry, game, fish, vegetable and fruits, and put into one volume more information regarding sauces and how to make and use them than

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has ever before been printed within the covers of a single book. Mr. Senn is a world-famous culinary author, and this book of sauces, the latest of his productions, will serve to standardize sauce making the world over. The book is put up in compact form for carrying in the pocket. It is 128 pages, indexed and cross indexed so as to be most useful for ready reference. It is printed on bond paper, bound in flexible leather. Price $1.

The Vest Pocket Pastry Book, by John E. Meister, easily leads all other pastry books in number of copies printed and sold. This little book, measuring only 3 by 6½ inches, and weighing only 3 ounces, contains 500 recipes, including 57 for hot puddings, pudding sauces, etc.; 77 for cold puddings, side dishes, jellies, etc.; 90 for ice creams, water ices, punches, etc.; 68 for pastes, patties, pies, tarts, etc.; 77 for cake; 17 for icings, colorings, sugars, etc.; 60 for bread, rolls, yeast raised cakes, griddle cakes, etc.; as well as 55 miscellaneous recipes. Mr. Meister wrote this book at the request of the editor of the Hotel Monthly, who had heard his work highly complimented by his employers, who said they believed him to have no superior as a first-class workman. The recipes, while given in few words, yet are easily understandable, and have helped thousands of bakers to improve their work. The book is cleverly indexed so that any recipe can be found in a few seconds. This book is printed on bond paper; bound in flexible leather. Price $1.

The Vest Pocket Vegetable Book, by Chas. G. Moore, has done more to popularize the cooking and serving of vegetables in hotels and restaurants than any other book ever published. It was written with this idea. The author took particular pains to make this little volume a classic and his masterpiece, and he succeeded remarkably well. Into 120 pages he has condensed more information regarding the history, cultivation, nutritive qualities, and approved forms of cooking and serving vegetables than can be found in any other book, no matter how large; and it has been demonstrated to be a book without mistakes. Recipes for soups, sauces, garnishings and salads supplement the general recipes. There are 78 ways of preparing potatoes, 19 of mushrooms, 19 of onions, 15 of cabbage, etc., 27 of beans, 15 of rice, 25 of tomatoes, and others in number in proportion to their importance. The vegetables are given with their English names and the French and German translations. The recipes are indexed with 15 columns alphabetically arranged. The book is printed on bond paper, the leaf 3 by 6½ inches, and strongly bound in flexible leather. Price $1.

The Fish and Oyster Book, by Leon Kientz, for many years chef of Rector's (the noted sea foods restaurant in Chicago), is a handy vest pocket volume, the leaf measuring 3 by 6½ inches. In this book Mr. Kientz tells in a concise manner how to cook practically every kind of fish that is brought to the American market; and not only explains the method of cooking, but also the making of the sauces and the manner of service. Every recipe is given with its bill-of-fare name in English and its translation into the French. The recipes include also such dishes as frogs' legs, all kinds of shell fish, snails, terrapin, and the fish forcemeats. Also there is an appendix with specimen fish and oyster house luncheon and dinner menus, with and without wines. The book is 150 pages, indexed, printed on bond paper, bound in flexible leather. Price $1.

Vachon's Economical Soups and Entrees, by Joseph Vachon, was written in response to a demand for a book that would tell how to prepare savory dishes from inexpensive materials at small cost; and, in particular, how to use up leftovers; by which is meant good cooked foods not served at a previous meal, and which have not in any way lost their marketable value in the sense of deterioration of quality, but which can be served in hotel or restaurant in the same appetizing manner that leftovers are served in well-to-do families. Mr. Vachon was selected to write this book because of his reputation as an economical chef. He was for many years employed as chef in the Transit House in the Union Stock Yards, a house widely known for its good table, and the hearty, wholesome foods served there on the American plan with meals at 50 cents. In this book he has given recipes in particular for meat entrees of the savory order, stews, pies and croquettes, hash, salads, and fried meats. The soups include creams, broths, bouillons, chowders, purees, pepper-pots, and the like. It is two books in one, separately indexed, printed on bond paper, the leaf is 3 by 7 inches, bound in flexible leather. Price $1.

Tellman's Practical Hotel Steward (second edition, revised and enlarged, and adapted for American and European plan): The duties of the modern hotel steward are concisely set forth in "The Practical Hotel Steward," by John Tellman, for many years of the Planters' and Jefferson Hotels in St. Louis. Mr. Tellman is a thoroughly practical man, known as a good organizer, an executive, a master of his calling. He is a man more of action than of words; a logical thinker, with the ability to express himself clearly. The short, pithy sentences in his book and the large amount of information boiled down into small space has made it of particular value, not alone for stewards, but managers. The book contains lists for kitchen equipment for different sized houses, market lists, chapters on managing the help buying, the care of meats, bills-of-fare, banquets, carving and party catering; also an exhaustive chapter on "wines of the world" and a chapter on wine room bookkeeping. In his preface Mr. Tellmann writes: "This book is written from the standpoint of one who has had years of practical experience, and reflects what, in his judgment, are the best methods for a steward to follow. The author does not claim to be infallible, or that his methods are better than those of many others; but he believes them to contain the elements of success." The new edition contains articles on accounting that are of special value. Price $2.00.

Tellman's Pocket Prices Reference Book, ruled to show bin brand, minimum and maximum prices, size packages and quantity purchased of about a thousand articles the steward usually buys, including foods, beverages, and equipment; these all indexed. It also contains tables to show house count, per capita, and average cost of the various articles for comparative use. Book is pocket size, printed on bond paper, bound in leather. Price $1.00.

Clifford M. Lewis' "American Plan Check System" is the only book of its kind, and is destined to serve a very useful purpose in stopping waste and increasing profits. The system has demonstrated its effectiveness in hotels conducted by Mr. Lewis during the last seven years. It has brought about a great saving, both in store room issues and dining room service, and provided not only a check between dining room and kitchen, but also between front office and dining room. The book is illustrated with 20 full page illustrations, including forms of checks for different requirements, waiters' record sheets, bills of fare with illustrations of tally of orders and totals of each dish served, and rulings for extra, cash, and complimentary meal tickets and for service checks. The text matter explains very thoroughly the workings of the system. Price $1.00.

Applegreen's Bar Book, by John Applegreen, formerly of Kinsley's, Chicago, and Holland House, New York, is a standard work on high class mixed drinks. The recipes occupy 56 pages of the book, and include 33 cocktails, 15 sours, 21 punches, 24 fizzes, 11 rickeys, 4 Collinses, 10 toddies, 6 coolers, 39 hot drinks, 14 highballs, 19 party drinks, 11 juleps and smashes, 14 temperance drinks, 6 daisies, 7 frappes, and 50 miscellaneous drinks; including appetizers, bracers, headache mixtures, flips, invigorators, brain dusters, and the like. The book is useful for the hotel, club, or home, and illustrated with suggestions for buffet glassware. It is indexed, printed on linen paper, bound in flexible leather. Price $1.00.

Drinks, by Jacques Straub, wine steward of The Blackstone, Chicago, is the latest in hand books for the buffet. It contains 700 recipes for alcoholic and non-alcoholic beverages, including 400 cocktails. The author has prefaced the recipes with a chapter on "The Therapeutic Values of Wines"; also illustrates appropriate glassware. The book is adapted for the hotel, club, home and wherever wholesome mixed drinks are served. It is 96 pages, printed on bond paper, bound in flexible leather. Price $1.00.

The American Waiter, by John B. Goins, is the only published book that treats intelligently of the waiter's work from bus boy to head waiter, for both hotel and restaurant requirements. The author has just completed Part 2 of this book, the new part devoted largely to European plan service, and, combined with Part 1, which is devoted largely to American plan service, has rounded out a manual which is very valuable to those who would give table service of the

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kind suited for the average hotel. Interspersed in the book are chapters on the care of table wares, salad making, table setting, carving, dishing up, handling of sea foods, building of banquet tables, and many other useful items of information. The book, profusely illustrated, is vest pocket size, printed on bond paper, bound in flexible leather. Price $1.00.

The Frank E. Miller Monthly Wages Table Book for 28, 30, and 31-day months is in form of three wax engraved sheets bound into a leather cover. The tables are from $10 to $100 a month. Price, on bond paper, 75 cents; on linen $1.00.

Preston's Calculator is the old standard, based on ¼ days at so much per day, or week, or month of thirty days, or fraction thereof. The tables range upward from 50 cents to $10 per day; from $2.50 to $50 per week; and from $5 to $150 per month. Price 50 cents.

The Rankin Calculating Tables, 10 cents.

Clarenbach System of Hotel Accounting.
The Pattison Loose Leaf and Card System for Hotel Front Office Bookkeeping.

The only published and copyrighted books on hotel accounting are those by Ernst Clarenbach and Wm. C. Pattison.

Mr. Clarenbach's book is intended mainly for the country hotel of American plan, and is a rounded system of bookkeeping for this kind of hotel, taking in the front office accounting, the steward's books and private office and inventory books, together with requisition forms, and a system of accounting for the bar and wine room and the cigar reserve stock and cigar stand. Mr. Clarenbach's system is also adaptable for hotels of European plan by slight changes easily made.

Mr. Pattison's book deals almost entirely with the front office accounting, and in particular for hotels of European plan of any size, and is virtually an exposition of the concise and thoroughly practical system installed by him in the Fort Pitt Hotel, of Pittsburgh, of which he is assistant manager. Mr. Pattison, in addition to taking care of the transient accounts from the cashier to the private office, systematizes the work of the room clerk, the cashier, the mail clerk, package clerk, and auditor, and in this he has produced a reliable and satisfactory system that works to a charm. Both books contain information that many a hotel man would pay hundreds of dollars to possess, if he knew the methods there explained could be adapted to advantage to his particular hotel. Bookkeeping is but little understood by the average hotelkeeper, and these books have already done a great missionary work in promoting systems of accounting and for keeping track of things. The Clarenbach book sells for $3.00 and the Pattison book is also $3.00.

Hospitality, by John McGovern. Price $1.00.

The Hotel Butcher, Garde Manger & Carver. Price $2.

The Whitehead Cook Books.

The cook books that have done more toward improving the cooking in country hotels throughout America in the last thirty years than all others together are those written by Jessup Whitehead. They were first published in serial form in the columns of the Daily National Hotel Reporter of Chicago. Mr. Whitehead was a remarkable man. In addition to being an all-round cook he was a well read man, and could express himself in clear, simple English better than the average college graduate. He traveled far and wide, and got his cooking experience under every possible condition to fit him for the writing of cook books. He worked in hotels great and small, first-class and second-class, on steamships, in logging camps, in summer hotels, for hunting and fishing parties, and for explorers; and he learned all the tricks of cooking with and without the customary utensils; and he gained an experience so large and varied, especially in the line of making the best of what was to hand, that his name has been authority in the culinary world ever since he began to write his books. He made it a rule not to print any recipe unless he had first tried it and proved its reliability. When he had so proved a recipe for any subject that recipe was filed away to go into his book, and it got there; and the recipe in the book is so plain as to detail that one who is not a cook can work from it and produce a satisfactory dish.

Whitehead's American Pastry Cook: Mr. Whitehead was trained as a pastry cook and baker in his younger days, and his first book was "The American Pastry Cook." The quantities of the recipes are calculated on the average orders of about fifty persons choosing from a bill-of-fare. This book also contains chapters on salads and cold meat dishes. In his introduction to the book Mr. Whitehead says: "In many of the more important matters, such as puff paste, bread and rolls, cakes, ices, creams, and pie mixtures, and in cold meat dishes, corned beef management and salads, the standard of one pound or quart used will be found to make the recipes equally useful for private families, and the trouble of dividing the larger quantities in other cases will probably be fully repaid by the simple conciseness of the directions, the absence of all technical jargon, and the professional knowledge of the art of cookery imparted in every page. The book is unique also in having all the articles directed to be made graded in regard to cost, to meet the requirements both of those who do cooking for pleasure and those who are concerned in cooking for profit." Price $2.

Whitehead's Hotel Meat Cooking: His next book was "Hotel Meat Cooking," comprising hotel and restaurant fish and oyster cooking; how to cut meats; and soups, entrees and bills-of-fare. Several thousand copies of this book have been printed and sold, and thousands of hotelkeepers and caterers acknowledge a great measure of their success due to the influence of this book, which teaches the careful handling of foods, the economical use of foods, the necessity of cleanliness in all departments of the kitchen, and presents many suggestions for bill-of-fare dishes that can be made from leftovers and served at a profit; also suggestions for using up all parts of the carcass that are good for food. The book is interspersed with anecdotes and snappy little editorials scintillating with wit and wisdom. Price $2.

Whitehead's The Steward's Handbook: Mr. Whitehead's third book was written for stewards and called "The Steward's Handbook." For many years it was the only book in print that instructed in the steward's duties and outlined the management of the back part of the house; and today there is no other book that occupies the peculiar field that this one does. Several pages are devoted to illustrations of requisition blanks, market sheets, storeroom issue book, storeroom stock book, and sample menus and bills-of-fare. It tells of the head waiter's duties, of club and party catering, and of catering extraordinary. Also there is a profusely illustrated chapter on napkin folding; 250 pages of the book are devoted to "Whitehead's Dictionary of Dishes and Culinary Terms and Specialties," and this dictionary of dishes is today one of the most serviceable works of reference for caterers in the world. Price $3.

Whitehead's Cooking for Profit: The most prolific of the Whitehead cook books is his "Cooking for Profit." This book filled a long-felt want for the small hotel, restaurant and lunch room, and the boarding house. The author, when writing it, put himself in the position of the man or woman who had "to count the cost" very carefully in all matters of table supply, both meat and pastry; the management of food on hand; also to see that nothing is wasted. 170 pages of this book comprise a diary of the author during eight weeks employed at a small summer hotel; and he tells in language from the heart the trials and tribulations of landlord and cook in providing three meals a day under adverse conditions; as supplies not arriving on time, trouble with the help, with boarders, adverse weather conditions, and the ingenious devices adopted from necessity for storing and preserving meats, vegetables, fruits, and dairy foods. Occasionally the pages are illumined with broad smiles, as when there has been a lucky haul of fish, or the social parties are successful, or when business is rushing and everybody happy. The author gets down to hard pan when he itemizes how meals are prepared for fourteen, or sixteen, or twenty cents per capita. It is not like reading a cook book; it is more interesting, more like a faithful portrayal of human nature between the kitchen and the dining room. We have heard prominent stewards, as, for instance, George Fulwell when he was at the Bates House, in Indianapolis, say that he got more good out of Whitehead's Cooking for Profit than from any other book in his big library. Price $3.00.

Whitehead's Family Cook Book is composed of recipes contributed to the Chicago Herald. Like his other books, this family book has the merit of reliability. Price $1.50.

Ranhofer's Epicurean: The king of cook books is "The Epicurean," by Charles Ranhofer, of Delmonico's. This

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book is 1,200 pages, and weighs about ten pounds. It is the most extensive, the most complete, the most readable, the most attractive, and the best all-around cook book that has ever been published. The first chapter is devoted to table service, with instruction in menu-making and the care and service of wines, the decoration of the table, the fixing of the sideboard, complete dining room instructions for the service of course dinners. French and Russian service is explained. There are lists of china, glass, and silver, etc.; a table of supplies in which the French and English names are given, and a market list. Then follows 144 pages of menus for breakfasts, luncheons, dinners, buffet or standing suppers, collations, hunting parties, garden parties, dancing parties, etc. All dishes in these menus are numbered to conform with recipes for them in the body of the book. There is a chapter on elementary methods, in which even the drudgery work in the kitchen is explained, and all the work done by apprentices in the early stages of hotel kitchen work. The chapter on kitchen utensils is very full, every utensil illustrated. Then come the recipes: 200 soups, 251 sauces, 133 garnishes, 191 side dishes, 101 shell fish, 218 fish, 165 beef, 165 veal, 75 mutton, 109 lamb, 48 pork, 224 poultry, 163 game, 198 miscellaneous entrees, 267 salads, 172 vegetables, 100 eggs, 37 farinaceous foods, 233 sweet entrees, 170 cakes, 17 breads, 189 ices and iced drinks, 90 confectionery, and several illustrations of confectionery. There is an exhaustive chapter on wines, several recipes for mixed drinks, and 64 pages devoted to a collection of Delmonico menus. The index occupies 44 double-column pages. There are more than 800 illustrations. A most excellent feature of The Epicurean is that every recipe in it appears under a good honest English name, alongside of which is the translation of it into French. The book is marketed in two bindings, the cloth (which is very good and the most popular), $8.00; half Russia $10.

Franco-American Cookery Book: The high-class cooks of America have great respect for the Franco-American Cookery Book, by Felix Delice, of New York. The feature that particularly pleases in this book is that it contains a menu for every day in the year, 365 in all; the dishes for each menu appropriate for the season, and the recipes for the dishes printed in large, clear type immediately following each menu. Another good feature is that the dishes are given their English name; consequently are more understandable than those of the bifulsin books that indicate a dish that cannot be made except under a French name. There are several illustrations and a complete index. The recipes are based on sufficient for eight persons, and may be reduced or increased at will. Price $3.50.

The International Cook Book, by Filippini, published in 1907 for $1.80, is now issued at the popular price of one dollar. The International is a book of 1,000 pages, and modelled somewhat after the Franco-American, previously described, in which the menus are given and recipes for the dishes that follow the menus. There are separate breakfast, luncheon and dinner menus for 365 days. It contains 187 recipes for beef dishes, 22 for breads, rolls, etc., 8 for butter, 23 for cereals, 603 for desserts in general, 400 eggs, 580 fish, 49 game, 23 hors d'œuvres, 91 lamb, 79 mutton, 58 pork, 168 poultry, etc., 64 salads, 12 sandwiches, 91 sauces, 405 soups, 95 veal, and 339 recipes for vegetables. A supplementary chapter in this book contains more recipes from foreign countries acquired by Mr. Filippini in his travels. The new edition of 1,059 pages is printed from the same plates exactly as the more expensive edition. Price $1.00.

A Guide to Modern Cookery, by A. Escoffier, of the Carlton Hotel, London, is the newest of the modern cook books. Mr. Escoffier ranks very high in his profession and has gained fame from his mastery of the culinary art. His book is 850 pages, 2,973 recipes; is printed in large clear type, and reflects only that which is first-class. It is indexed both for recipe number and page number. Price $4.00.

The Waldorf Cook Book. Price $2.50.

Food Values, by Edwin A. Locke, A.M., M.D., instructor in medicine, Harvard medical school. The best book for the steward or caterer who would school himself on food values. The contents include Introductory chapter of 24 pages, followed with four tables: 1, Equivalents of weights and measures; 2, Prepared foods, edible portion; 3, Alcoholic beverages; 4, Average chemical composition of American foods; these supplemented with a comprehensive index. Price $1.25.

Food, What It Is and Does, by Edith Greer. Profusely illustrated. Price $1.25.

The Something Different Dish, by Marion H. Neil. A collection of recipes for out-of-the-ordinary dishes. 40 illustrations. Price 50 cents.

Clubs and Their Management, by Francis W. Pixley, of London, England. An exposition of club management and accounting as generally obtains in Europe. Price $2.50.

Dainty Dishes, by Adolphe Meyer, the noted New York chef and caterer, is devoted to hors d'œuvres and savories (hot and cold), fish and shellfish, entrees, vegetables, eggs and cheese dishes. A very handy book for the high-class chef who would be informed on the newer dainties. Price $1.

The American Salad Book, by De Loup, is the most important work of this kind in print. It covers salads of all kinds—meat, fish, vegetable, flower and fruit—condiments, dressings and sauces. Price $1.00.

Salads, Sandwiches and Chafing Dish Dainties, by Janet McKenzie Hill, of the Boston Cooking School, is a valuable book, particularly from its illustrations, showing the appearance of the dishes ready for service and daintily garnished. The book is a classic of its kind; and while written for family use, has found quite a large sale with hotels, restaurants, clubs and caterers. Price $1.50.

The Book of Entrees (illustrated), by Janet McKenzie Hill. Price $1.50.

Recipes and Menus for Fifty, as used in the school of domestic science of the Boston Y.W.C.A. Price $1.50.

Recherche Luncheon and Dinner Sweets, Senn, $1.25.

Meals Without Meat, or Meatless Fare Cookery, Senn, price 50 cts.

Baker's Bread, by Paul Richards, author of "Paul Richards' Pastry Book," is a handy volume of 114 pages, every page containing reliable information upon the subject treated. Hundreds of recipes are given, including for buns and rusks, coffee cakes, doughnuts, muffins and griddle cakes; hearth baked, French, home-made, rye, Vienna and special breads; individual breads and rolls; awiebach and stollen; yeasts and their use; also a valuable chapter on flours, especially as regards testing and storage. The leaf is 5 by 7½ inches, bound in cloth. Price $1.00.

Ice Cream and Cakes, by an American, is a popular book. It contains nearly 500 recipes. Price$ 1.50.

Huling's American Candy Maker is generally acknowledged to be the best book of its kind. The author is a practical candy maker, who has the ability to express himself clearly to workmen, so that his instructions can be easily followed. 325 pages, 7 by 5 inches. Price $5.

The Art of Baking and Ornamental Confectionery, by Herman Huegs, printed in one book in the English and German languages, is a standard and popular work. It contains several illustrations of designs for cakes, borders, pyramids and centerpieces. Price $2.50.

Huegs's Art of Baking, Condensed, is a small paper-covered book that sells for 50 cents.

Carving and Serving, by Mrs. Lincoln. Price 75 cents.

Scurrer's Practical Cookery Guide. Price $2.00.

Canning, Preserving and Pickling, by Marion H. Neil. Includes canning fruits and vegetables, jellies, jams, preserves and conserves; pickling; chutneys, catsups and relishes, beverages, vinegars and syrups. Twelve illustrations made from photographs. Price $1.15.

Preserving and Pickling: by Gesine Lemcke. Price$ 1.

Universal Dictionary of Menus: One of the most serviceable books for translations. It is printed in Switzerland and imported by the Hotel Monthly. Contains the French, English and German translations of bill-of-fare dishes in parallel columns. Is particularly serviceable for preparing bills-of-fare. Price 75 cents.

Remco's Manual of Apartment House Service is of value to hotelkeepers for the information it gives regarding the back part of the house, in particular the engineers' and firemen's departments; and elevator men's janitors, porters' and housemen's work. Also contains rules for the help, methods of getting rid of vermin, etc. Price $1.00.

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Up-to-Date Waitress, by Janet McK. Hill. Price $1.50.

A Guide to Hotel Housekeeping, by Mary E. Palmer. Price $1.00.

The Chinese-Japanese Cook Book, by Sarah Bosse and Onoto Watanna, a collection of Chinese and Japanese dishes of the kind to appeal to Western palates; all of them authentic. Chop suey featured. Price 50 cents.

Institution Recipes, by Emma Smedley. Intended primarily for use in schools, colleges, hospitals, and other institutions. Price $1.25.

The New England Cook Book, by Helen S. Wright. A compilation of famous New England dishes. Price $1.50.

Filippini's One Hundred Ways of Cooking Eggs. Price 50 cents.

The American Cook Book, by Janet McKenzie Hill. Price $1.00.

The Blue Grass Cook Book. A collection of Kentucky dishes typical of those by colored cooks. Price $1.50.

Quotations for Occasions has its selections subdivided under a hundred or more heads so that the right one for the right course or subject can be quickly found. Price $1.50.

The Grocers' Encyclopedia, the most complete and best illustrated work on foods ever produced. 750 pages, 8x11 inches. An invaluable book of reference for the manager, steward and chef. Price $10.00.

Fancy Drinks and Popular Beverages, by William Schmidt, a famous New York barman known as "The Only William," presents 500 recipes of the kind prepared only in first-class places. Price, paper cover, 50 cents.

Jerry Thomas' Bartender's Guide. Price 50 cents in paper, 75 cents in cloth cover.

Modern American Drinks, by Kappeler. Price $1.00.

The Wine Steward's Manual, a series of essays on wines and their handling. Price $1.00.

The Dispenser's Formulary or Soda Water Guide. A practical handbook for soda fountain operators, consisting of over 2,000 tested formulas for soda fountain products, with complete information on fountain service, fountain standards, ice cream standards, and formulas, and luncheonette service, including an appendix of manufacturers' formulas, together with descriptive information of their fountain apparatus, sundries and supplies. Price $1.50.

Senn's Culinary Books: *C. Herman Senn, the foremost chef of Europe, is the author of twenty or more culinary books, many of which have found quite a sale in the United States, and ten of them are handled regularly by the Hotel Monthly Book Department.*

Senn's Menu Book and Practical Gastronomy is the most popular culinary reference book published in Europe. It presents the bill of fare names of dishes in the French language, together with concise explanation in the English language. Many of the bill of fare names also are in the English. Several pages are devoted to sample menus, several to a culinary dictionary with pronunciation feature, and much information as to when foods are in season. Book is 320 pages. Price $2.00.

The Art of the Table is devoted in the main to how to wait on table, how to fold serviettes, and how to carve. The chapter devoted to "waiting" covers the waiter's work very thoroughly, including the service of wines, the making of popular beverages and the care of the table wares. The chapter on carving and serviette folding are illustrated. Price $1.00.

Recherche Hors d'Oeuvres and Sandwiches fills a long-felt want in suggestions for appetizers other than liquid. Price 60 cents.

Potato Cookery, 300 recipes. Price 75 cents.

Senn's Book of Salads is devoted to green and other vegetables, fish, poultry and game, meat and fruit salads. Price 50 cents.

Senn's New Century Cook Book is over 1,000 pages. An all-around cook book. Profusely illustrated Price $8.00

Recherche Entrees. Illustrated with many photographs of made dishes. Price $1.25.

Senn's Cooking in Stoneware. Price 50 cents.

Senn's Eggs and Omelets. Price 75 cents.

Senn's Cookery for Invalids and the Convalescent. Price 50 cents.

Senn's Chafing Dish & Casserole Cookery. Price $1.25.

Foreign Books: *The most important books printed in other than the English language that find a market in America are:*

Amerikanische Gerichte, by Alfred Fries, grill room chef of the Congress Hotel, Chicago. This book is entirely in German. Its principal mission is to give recipes for the newer dishes called for in high class places. Price $1.50.

German National Cookery for American Kitchens, by Davadis, printed altogether in German. (Also this book translated into English.) Each book sells for $1.25.

Guide du Maitre d'Hotel, in French, a book for stewards and head waiters. Price $1.00.

Genuine German Cooking and Baking, by Lena Meier, the recipes printed in German and English in parallel columns. Price $2.50.

The John Willy Hotel Directory of the United States and Canada lists about 14,000 hotels, giving so far as obtainable, the plan and rate per day. This directory is published in April of each year. Price 50 cents.

Hotel Monthly Back Numbers: The only reference library of hotel technical information is that to be found in the back numbers of The Hotel Monthly, dating from 1893 to the present time. The complete set of these books is not obtainable, but fourteen or more of the volumes are on sale. Bound up a year to the book. Price $1.50 each.

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